

# women's fitness

AUGUST 2015

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# women's fitness

# August

ON THE COVER



26

116

22

92

140

64

36

80  
CHEF'S  
CHOICE



**Photography** Trevor King **Art direction** Alissa Pittman  
**Styling** Jess Pecoraro **Hair and make-up** Luana Cossia/DLM  
**Model** Eloise/Scoop Management  
Model wears Reebok top, \$39.99; Puma jacket, \$60;  
Nike vest, \$49.99; Under Armour tights, \$74.99;  
Garmin watch, \$399; all from Rebel Sport.

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Plié your  
way to  
a ballerina  
body

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SPORTY  
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## Eat fit

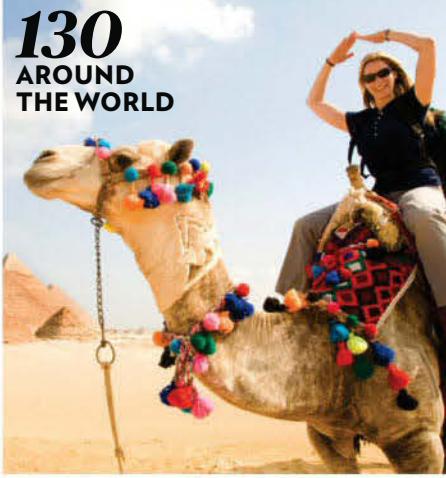
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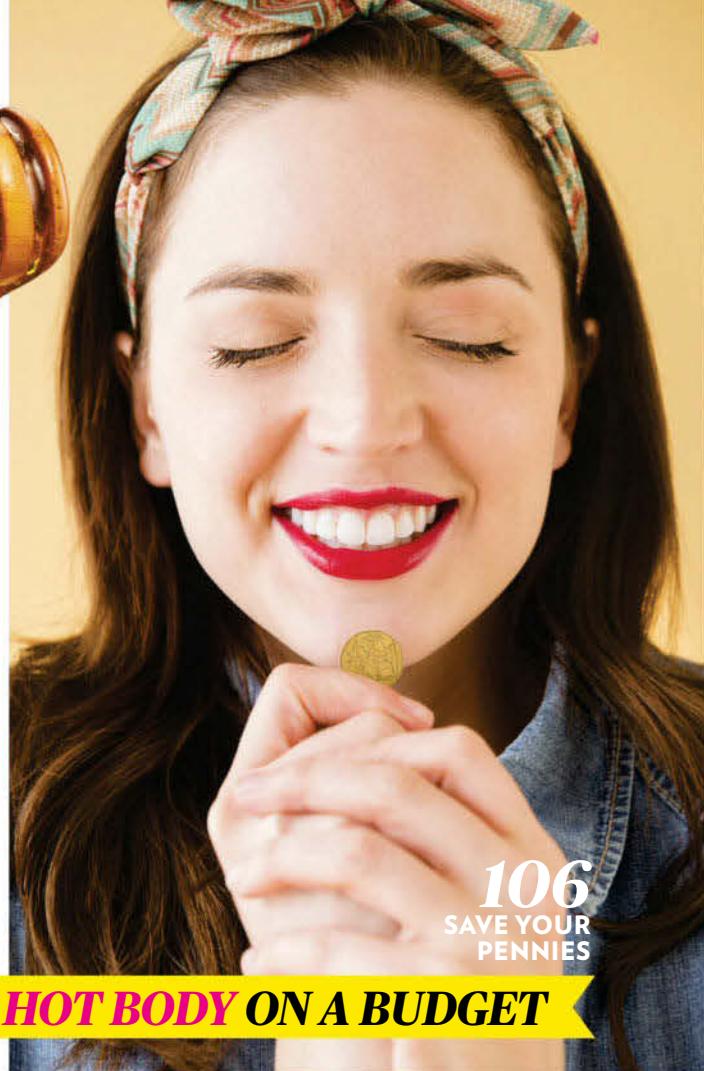
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# women's fitness

What's your mantra this month?

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Samera Kamaleddine

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"Be Bold or  
Italic, never  
Regular."

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"Summer  
bodies are  
forged in  
winter."

### DEPUTY ART DIRECTOR

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"You can do  
anything but not  
everything."

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"Every  
accomplishment  
starts with  
the decision  
to try."

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"I'm stronger,  
wiser, braver  
and smarter than  
I was a month  
ago and I'll be  
stronger, wiser,  
braver and  
smarter in a  
month from now!"

"You do not  
need another  
slice of fruit  
toast."

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## Expert panel

Meet the pros lending their expertise to our pages...



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Steph Prem  
Pilates instructor  
[premium-performance.com](http://premium-performance.com)

Flip to page 28  
to see our panel  
of pros answer  
your Qs ↗

# Hello!

SO, THERE WAS A LOT OF TALK ABOUT DOUGHNUTS IN THE OFFICE THIS MONTH.

From National Doughnut Day to the discovery of a doughnut company that delivers to our office and the weird maple and bacon doughnuts that I came across during my recent trip to Portland, USA (the home of doughnuts, among other things... which you can read about on page 134), it became an accidental theme to this issue. Doughnuts even star in the pics on page 36 ('Feed your mind') and page 96 ('The shame game') and featured in numerous captions, which had to be edited after realising that doughnuts had taken over our brains...

We all fall victim to distractions that might challenge us in our health/fitness/general life sometimes – and, hey, it's no biggie. Yours could be doughnuts, too. Or so-bad-it's-good reality TV. Or the weather (boo hiss, rainy winter!).

It might be that it feels like your plans and goals are constantly being interrupted by a bigger driving force. One huge one we can all relate to? Money! Unfortunately, when cashflow shrinks for whatever reason (you're saving for a house, your wheels have officially gone to car heaven, you accidentally maxed out your credit card with an Alexander Wang Rockie Duffel...), it's often the gym membership that gets cancelled. And the weekly grocery shop that suddenly looks like you're existing on prison rations. It's crazy expensive to be healthy and fit... right?

Well, it's doesn't have to be. That's why our *actual* theme this issue is all things budget – like we've said in 'Be your own PT' on page 46, you don't need an A-lister's pay packet to get your best fitness on. You defs don't need to skimp on quality either. You just need a little clever know-how.

Look out for our 'Hot body on a budget' stamp throughout the mag



and that's what you'll get – know-how on ways to sweat it with top results for less dollars, tips for shopping the aisles right to eat healthily regardless of tight purse strings, plus beauty counter and wardrobe updates that won't cost you a bomb (but trust us, you'll still look the bomb).

It's a regular dream of mine that I'll wake up in the world of *Entourage*. I'll have a driver (the new, hot Turtle, of course), a state-of-the-art home gym and personal hair and make-up artist to prep me every AM (ugh, my least fave daily task).

But for now, I'll happily settle for this advice in 'Get happier for free' on page 26: "Creating something is a sure-fire way to get those (smug) happy hormones flowing." Creating this issue, as always, got my happy hormones flowing outta control. Or, it could have just been all those sugary doughnuts...

Enjoy the issue!

# Samera

**Samera Kamaleddine**  
Editor

Follow me: [@samerak](#)  
Follow WF: [@womensfitnessmag](#)

## WHAT GOT TEAM WF DISTRACTED THIS MONTH



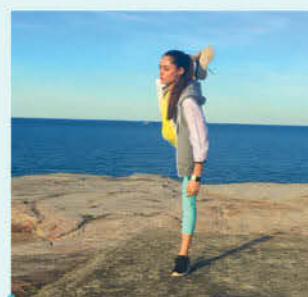
Doooooughnuuts!



This puppy in a wheelbarrow! He even has his own Insta account: [@pocketthedachshund](#)



Game of Thrones season five finale. RIP Jon Snow.



And how to bring back the focus on set, à la cover model Eloise.



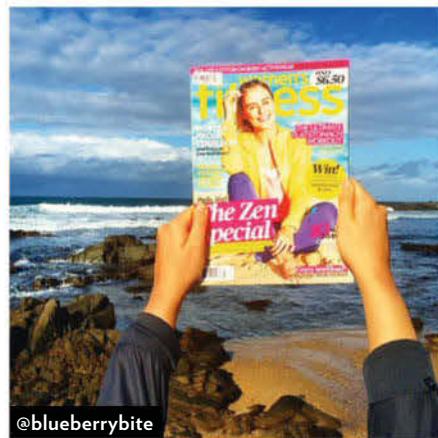
# wf Insta-love

We love seeing how you read Women's Fitness...



### OUR FAVE PIC OF THE MONTH!

Thanks for sharing your delish snap, @wanderlustwellbeing. You've won a Garmin Vivofit 2, valued at \$139, to help you track your activity and remind you to keep moving. Congrats!



Enjoying the new issue? Tag #wfloves and #womensfitnessmag! Plus, follow us

@womensfitnessmag for healthy inspo and to catch up with the WF team.





# ITALIAN STYLE, VIBRANT COLOUR

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Dark Brown Satin Matte



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LIP GLOSS  
Milani



LUMINOSO  
BAKED BLUSH  
Luminous Peachy Pink



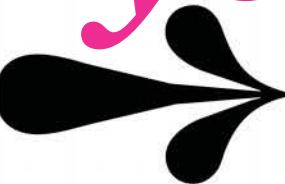
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[milanicosmetics.com.au](http://milanicosmetics.com.au)

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Haven't liked us on Facebook? Head to the Women's Fitness page at [facebook.com/womensfitnessaustralia](https://facebook.com/womensfitnessaustralia), 'cause you're missing out on some awesome goodies, like...



Alerts about fun/cool/awesome WF events



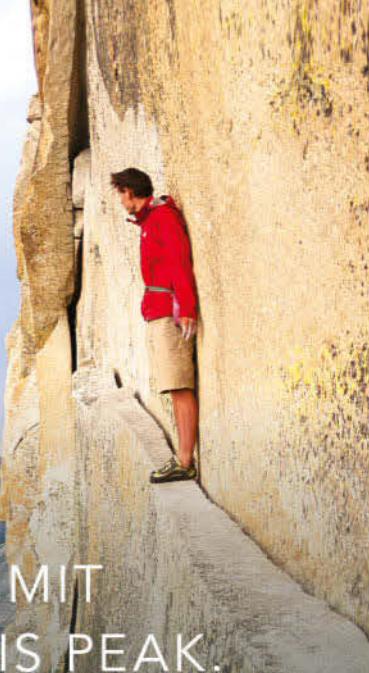
Weekly mantras (that'll totally put you in the mood to get fit and happy)

...and heaps more!



Don't forget to tag #wfloves and #womensfitnessmag





## ALTHOUGH HE HAS REACHED SUMMIT AFTER SUMMIT, HE'S STILL CHASING HIS PEAK.

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To be Alex Honnold.

## TO BE YOURSELF



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A woman with blonde hair tied back is lying on a white sofa, looking up at the camera with a gentle smile. She is wearing a white top. The background is a light blue.

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means  
pain

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# Live fit

Raise the Pace



## All smiles

Find it hard to make new friends? Next time your pal drags you to a party where you don't know anyone, just flash your pearly whites. According to a new study by the University of California, people feel closer to strangers who display positive emotions – say, by smiling – because they signal things like affiliation and cooperation. Just make sure you show off a genuine grin (you know, the ones that make your eyes go all squinty), since researchers also noted that people are pretty good at spotting a fake one. **WI**

Katherine  
appreciated  
a good knock-  
knock joke





**16<sup>th</sup>**

## Western Mudd Rush, WA

This 8.5km course will see you crawl, climb, lift and drag your way through 23 muddy obstacles. Just in it for the laughs? Smash out the mini 4km Mudd Rush and get a sausage sanga at the end.

[westernmuddrush.com](http://westernmuddrush.com)



FOR THE LOVE OF FITNESS

# August **FIT DIARY**

Here's where we'll be breaking a sweat this month. See you there!

## **2nd Brisbane Marathon Festival, Qld**

Calling all running enthusiasts... Stride through buzzing Brissie in a range of events from a 5km fun run to a full marathon. No matter which option you choose, you'll finish on a high in the beautiful Brisbane Botanic Gardens.

[brisbanemarathon.com](http://brisbanemarathon.com)



## **8th Convict 100, NSW**

Let your pedal power loose in the Convict 100 as you cycle your way through 100km of fire trails, rocky obstacles and pulse-spiking descents. Set in Hawkesbury Valley, this course retraces the steps of the historic Convict Trail. [convict100.com.au](http://convict100.com.au)



## **9th City2Surf, NSW**

Secure a place at this iconic 14km event and start collecting moolah to help this charity race hit its \$5 million fundraising goal. Take your mark at Sydney's CBD, feel like a champ as you tackle 'Heartbreak Hill', and coast to the finish line at Bondi Beach – the perfect spot to cool off with a dip in the ocean. [city2surf.com.au](http://city2surf.com.au)



## **8th Winter Warrior Challenge, Vic**

Fancy a 14km run through snow (with a few obstacles thrown in for good measure)? Scaling the terrain at Lake Mountain is tough but a whole lot of fun. [warriorchallenge.com.au](http://warriorchallenge.com.au)

## **16<sup>th</sup> Winter Challenge, Tas**

Mix up your standard Sunday run with a little paddle-boarding, mountain biking and road cycling in this multisport race. Soak up the coastal views of Orford Beach and Maria Island solo, or round up your pals and enter as a team. [endorfun.com.au](http://endorfun.com.au)

## **28<sup>th</sup>-30<sup>th</sup> Health & Wellbeing Festival, NSW**

Head to Newcastle Exhibition Centre for a dose of meditation, yoga and free health seminars. With workshop demos and more than 100 market stalls to wander through, you'll be spoilt for choice. [healthharmonysoul.com.au](http://healthharmonysoul.com.au)

## **16<sup>th</sup>**

### **Top End Gran Fondo, NT**

It's Italian for 'big endurance', and the Gran Fondo delivers with a whopping 120km cycle across the NT. But don't worry, if you're not quite Cadel Evans on a bike, there's also a 50km Half Fondo course. [topendgranfondo.com](http://topendgranfondo.com)

Know of a great event coming up? Send us an email at [mail@womensfitness.com.au](mailto:mail@womensfitness.com.au) or tell us how you went at one of these activities at [facebook.com/womensfitnessaustralia](https://www.facebook.com/womensfitnessaustralia)

# Quick HITS

Enjoy a healthy body and mind with the latest in good living

## #1 Sweet spot

We get it. Sometimes you just need a lemonade to make everything better. Sip on sugary drinks too often, though, and UK researchers say you might increase your risk of developing type 2 diabetes by 18 per cent. But the good news is, the 11-year study, which looked at the eating habits of 25,000 people, also discovered that if you swap one of your daily sugary beverages for a glass of water or unsweetened coffee or tea, you could slash your chances by up to 25 per cent. If regular English breakfast isn't cutting it, brew a pot of **The Seventh Duchess Mon Amour French Earl Grey Loose-Leaf Tea, \$19.95, theseventhduchess.com**, for a subtle sweet fix, guilt free!



## #2 Homeward bound

Hibernating for winter? Spruce up your indoors with these cute homewares (and get change from \$20)



Luca Rose Designs 'Delicious Papple' print, \$10, [hardtosearch.com.au](http://hardtosearch.com.au)



General Eclectic gold spot washable paper bags, \$14.95 each, [pipandsox.com.au](http://pipandsox.com.au)



Oh, Hello Friend 'Cooking is Love' tea towel, \$19.95, [hellofrankie.com.au](http://hellofrankie.com.au)

Lulu kept her celebration nice and low-key...



## #3 Smart snack

It's 3pm, and you're fighting the urge to visit the vending machine... Well, according to US scientists, you should listen to your sweet tooth. While a Mars Bar isn't likely to do you any favours, a snack containing 60 per cent cacao could help to get your concentration back on track. After giving 122 volunteers a cacao-loaded treat and scanning their brains, scientists found the group to be more alert and attentive. Stow a block of **Loving Earth Crunchy Mint Dark Chocolate, \$6.90, lovingearth.net** in your desk drawer at work (you know, for emergencies...).



## #5 August inspiration

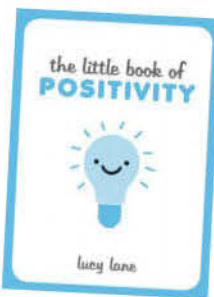
**READ:** *The Little Book of Positivity* by Lucy Lane (Summersdale, \$14.95)

Keep the happy thoughts flowing with mood-boosting mantras and practical tips (note to self: start a journal).

**WATCH:** *How to prevent running shoe blisters with a 'heel lock'* Simple, but oh-so-clever – watch this before you hit the pavers for your next run. Let's just say we've been tying our shoelaces wrong for a looong time.

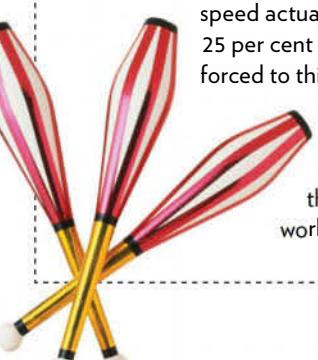
**LISTEN:** *Currents* by Tame Impala (\$16.99, iTunes) The third studio album from this Perth band has the same mellow sounds we've grown to love, except this time they're more dance-friendly. Play it on your morning jog or to bust out of that afternoon slump.

**CLICK:** Our Food Stories ([ourfoodstories.com](http://ourfoodstories.com)) Gluten-free feasts and rustic table settings – everything about this online foodie haven will make you want to get your chef's hat on and host a dinner party.



## #4 #Blessed

Sharing the news of your recent pay rise with pals is completely acceptable (and deserving of celebratory bubbles), but telling everyone on your Facebook feed that you're basically the Beyoncé of accounting might not go down so well. A study in *Psychological Science* found that excessive self-promoters tend to overestimate how happy their own good news will make others, and risk losing their empathy. While it's important to give credit where credit's due (even if it's to yourself), if you don't want to come across as boastful, take a moment to consider how your words will make others feel first.

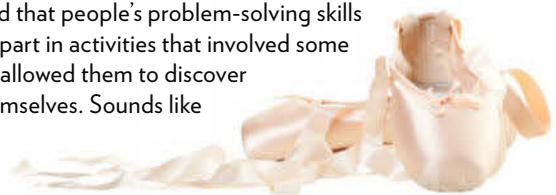


## #7 Juggling act

If you're keen on lifting your cycling game, researchers from the University of Florida reckon you should multitask when you're in the saddle. During a small study, a bunch of volunteers were asked to jump on a stationary bike and complete a series of easy or difficult cognitive tasks. While scientists expected everyone to slow right down when they had to multitask, the experts found that people's speed actually increased by 25 per cent when they were forced to think about something else. See, watching *The Good Wife* while you pedal in the gym is totally working in your favour.

## #6 Hobby and co

Trying to get ahead at work sometimes means bringing it home with you, but according to a new study by San Francisco State University, that could be where you're going wrong. It turns out, taking time off to pursue creative interests actually boosts your job performance. During the small study, psychologists found that people's problem-solving skills improved after they took part in activities that involved some kind of self-expression or allowed them to discover something new about themselves. Sounds like it's finally time to enrol in that dance class...



## #8 Snooze control

If you're having trouble nodding off at night, try playing a little Ed Sheeran before you jump under the covers. After analysing 2.8 million sleep-themed playlists, the music gurus at Spotify discovered that Ed's track "Thinking Out Loud" was the most-played song for people trying to catch some zzzs. According to the National Sleep Foundation in the US, tunes that feature soft, laid-back vocals are more likely to help you drift off, and Spotify found that songs by Sam Smith and Hozier worked a treat, too. ▶





## #9 Green dream

Proving once again that you should always listen to your mum (especially when she tells you to eat your Brussels sprouts), US scientists have discovered that cruciferous vegetables may help to prevent cancer. After coating malignant cells with the chemical that's released when you chew veggies, such as broccoli and cauliflower, researchers from South Dakota State University found that up to 75 per cent of the cells were destroyed in just 24 hours. While there's still a lot of testing to be done until the compound can be used as a treatment, the experts noted you may be able to reap similar benefits by eating green veg. Pass the sprouts, stat!

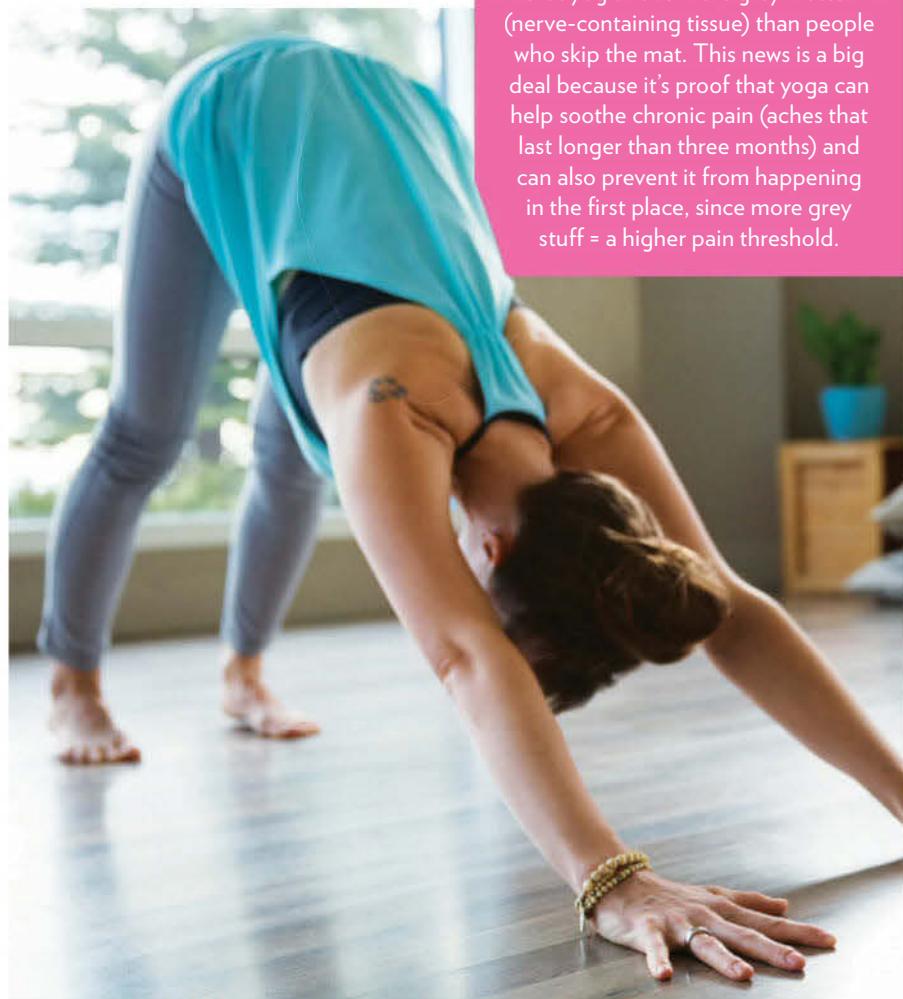
## #11 Try this... Instant blueberry muffin

**Want a (healthy) breakfast muffin in less than five minutes? You got it.**

### You'll need:

- \*  $\frac{1}{4}$  cup linseed meal
- \*  $\frac{1}{2}$  tsp baking powder
- \* pinch of cinnamon
- \* 1 egg
- \* 1 tbs coconut oil, melted
- \* 1 tbs almond milk
- \* 1 tbs blueberries
- \*  $\frac{1}{2}$  tbs honey or maple syrup

Combine the linseed meal, baking powder and cinnamon in a mug. Mix in the egg, then add the oil, almond milk, blueberries and honey and stir. Microwave for a minute or until it's muffin consistency.



## #10 Bend it real good

Busting out some downward dogs and baby cobras (the yoga moves – not the animals) can help tone your bod, give your limbs a nice stretch and, according to the US National Institutes of Health, it can also reshape your brain. While researching the effects of chronic pain (such as memory loss, anxiety and depression), scientists discovered that yogis have more grey matter (nerve-containing tissue) than people who skip the mat. This news is a big deal because it's proof that yoga can help soothe chronic pain (aches that last longer than three months) and can also prevent it from happening in the first place, since more grey stuff = a higher pain threshold.

## #12 Just squeeze

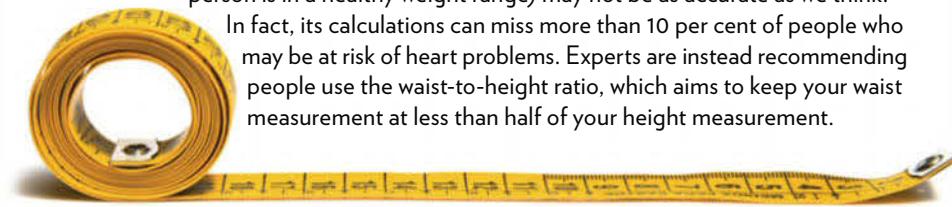
Want to give yourself a quick health check? Test your grip strength. According to Canadian scientists, the firmness of your handshake may be a better indicator of your health than a blood pressure test. After studying data from 140,000 people, researchers noticed a link between declined grip strength and an increase in early death or heart disease. To keep your health on track, experts from the Mayo Clinic in the US suggest getting quality sleep, exercising and eating fruit, veg, wholegrains and lean protein.



## #13 Serious measures

Who hasn't keyed in their height and weight to calculate their BMI? Well, researchers from the UK say the trusty BMI system (used to gauge whether a person is in a healthy weight range) may not be as accurate as we think.

In fact, its calculations can miss more than 10 per cent of people who may be at risk of heart problems. Experts are instead recommending people use the waist-to-height ratio, which aims to keep your waist measurement at less than half of your height measurement.



## #14 Pedal power

If you're looking to save some coin and boost your fitness while you're at it, hop on a bicycle. After comparing the cost of cycling and driving, researchers from the University of Queensland and Sweden's Lund University found that getting around on four wheels is six times more expensive than biking it. Not only was cycling cheaper, it also helped decrease other issues, like air and noise pollution, congestion and road wear. Sure, it might not be practical for everyone to ride their way around town, but if you can, it's totally worth it.

## #15 Walk it out

We know living a sedentary lifestyle isn't good. It can increase your risk of diabetes, heart disease and even early death, but a US study has found just two minutes of light exercise every hour can help counteract the damage. Researchers were quick to point out that a moderate or high-intensity workout is still the best option (since it benefits your heart, muscles and bones), but a quick stroll may do the trick.



## #16 Sniff this

If you need to cheer yourself up, try sniffing a happy pal. Yep, seriously. Researchers from the Netherlands asked a bunch of (er, lucky) women to sniff sweat pads that had been worn by men, who either felt happy, afraid or neutral. The conclusion? Happiness is contagious! The study found that the women who sniffed 'happy' sweat mimicked characteristics of a happy person. Cute! We think? ☺

10 WAYS TO...

# Upgrade your MORNING RIDE

Arrive at your destination feeling refreshed and ready to conquer the day



## 1 Spread the love

Aussies commute for an average of 27 minutes each day, so don't fill all that time with negative energy. Businessman next to you got the sniffles? Instead of quietly seething in your seat, practise cultivating compassion for your fellow commuters. Shift from a 'poor me' mindset and begin to feel empathy for others, radiating feelings of love to those around you.

## 2 Set your intention

Take a moment to ask yourself: "How do I want to feel today?" Whether it's calm, nurtured, happy or powerful, let your purpose guide the way you approach the rest of the day's activities, from eating your breakfast to nailing that presentation.

## 3 Shake up your regular route

If you always get the train but the bus is an option, try taking it for something different, or get off a stop early and walk. Make the most of the change in scenery – look out the window, snap photos or try a different café on your way to work.

## 4 List your wins

The secret to walking tall in the office is being in the right headspace. Give your confidence a boost by making a list of all your strengths and achievements.

Knowing that you've always been able to get the job done in the past will give you the assurance that you can tackle any challenge that comes your way.

## 5 Do the prep

Get mentally prepared for the day ahead. Check your calendar and familiarise yourself with any meetings, deadlines or important to-dos. It's also a good idea to plan your out-of-office activities. Got dinner plans? Shoot your friend a text to confirm. Or lock in that lunchtime yoga class. Sorting these out early frees your mind up to focus on your tasks, making you more productive all-round.

## 6 Chat to a stranger

It's the unspoken rule of public transport: never make eye contact with strangers. But a 2014 study of subway commuters in the US has found a bit of banter with your fellow passengers can actually make your ride to work a more positive experience.

## 7 Sit up straight

Lucky enough to score a seat during peak hour? Take a moment to focus on your positioning and improve your posture. Sit up straight with your feet flat on the floor and draw your navel in, lifting through the crown of your head. If you're stuck standing, concentrate on engaging your core and keeping your hips square.

## 8

## Be present

Want to turn your train ride into a meditation sesh? You don't need silence to silence your mind. Focus on all the different sounds around you (yep, even that annoying air-con buzzing), then look inward to the thoughts in your mind. Don't try to 'fix' them, just being conscious of what's happening in the moment can be calming.

## 9 Play games

It's tempting to spend the ride to work scrolling through your Facebook feed, but there are better ways to max your screen time. Download free apps like the Fit Brains Trainer ([fitbrains.com](http://fitbrains.com)) to give your mind a workout or boost your mood with games and tasks from Happify ([happify.com](http://happify.com)).

## 10 Relax and let go

Shake off any morning stress and get centred before your workday with a few deep breaths. Slowly inhale for five counts, hold your breath for five counts and exhale for five counts. After each breath, repeat a positive affirmation (say it in your head, if you'd prefer not to alarm your fellow passengers!), such as, "Today will be a great day". Then, you're on your way.



## GROWN FROM SCIENCE TO RELIEVE SLEEPLESSNESS<sup>1-4</sup>

ReDormin contains a formulation of valerian and hops that works to help restore your normal sleep patterns to promote a deeper, more restful sleep.<sup>3</sup> Clinical research shows it may help you fall asleep faster, stay asleep longer and wake up refreshed.<sup>3,4</sup> ReDormin is non-habit forming and won't leave you feeling drowsy in the morning.



Always read the label. Use only as directed. If symptoms persist, see your healthcare professional.  
References: 1. Brattström A. *Wien Med Wochenschr* 2007;117/13–14:367–70. 2. Schellenberg R, et al. *Plant Med* 2004;70:1–5. 3. Fussel A, et al. *Eur J Med Res* 2000;5:385–90. 4. Lataster MJ, et al. *Notabene Medici* 1996;4:182–5. ® ReDormin is a registered trademark of Max Zeller Söhne AG. CHC 70480-03/15.

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# Tired but WIRED

If you're snoozing but still losing, there's definitely something up. Find out if adrenal fatigue is messing with your life and how to bounce back from a burnout

**WE'VE ALL BEEN THERE** – feeling sluggish at 7am, and completely wiped by 3pm. It's nothing that a bit of rest and recuperation can't sort out, right? But what if you hit the pillow and still can't catch a wink? What if you're also falling prey to every bug on the block and struggling to make it through a 30-minute workout? A trip to the GP might lead to a diagnosis of chronic stress or sleep deprivation, but a growing number of experts are now pointing the finger at adrenal fatigue.

## The silent epidemic

Adrenal fatigue is a surprisingly common condition that experts believe may affect

up to 80 per cent of people in the Western world at some point in their lives. So what exactly is it? An umbrella term for a range of symptoms, adrenal fatigue is considered the body's hormonal response – or lack of one – to chronic stress. "The adrenal glands sit atop the kidneys and are no bigger than a walnut, yet they're responsible for managing stress levels," explains hormone specialist Dr Terry Loong. "They secrete the stress hormone cortisol, which raises your blood sugar and blood pressure and ensures you're ready to focus and be on task."

When they're overworked, however, they become fatigued, creating a state of health characterised by symptoms such as seriously low energy, an inability to

recover from stress or exertion quickly, and feeling chronically rundown.

But if so many of us are dealing with adrenal fatigue, why won't a simple trip to the GP sort it? "Conventional doctors don't accept adrenal fatigue," says chronic fatigue specialist Dr Sarah Myhill. "They see adrenal failure, which is Addison's disease, when the adrenal glands don't work at all. But what other health experts are saying is that there is a halfway house between optimal adrenal function and complete adrenal failure – and that's adrenal fatigue."

## The triple threat

So, are you at risk of adrenal burnout? If stress is a constant in your life, yes. "Adrenal fatigue can be set off by a stressful job, life at home, eating too much junk food, or even extreme training without sufficient

Ellen found getting an air horn in your ear really blows



## "Adrenal fatigue can be set off by a stressful job, life at home, eating junk food, or even extreme training"

recovery," says Dr Loong. "Fitness is part of a healthy lifestyle, but if you're pushing too hard at the gym without having proper nourishment, rest, recovery and emotional stability, adrenal fatigue may set in."

When you have adrenal fatigue, you'll get to where you want to go – whether that's to the end of a workout or a deadline – but it'll be a slow process. "When you're young, your body has enough adrenal reserves to recover from an adrenal drain," adds Dr Loong. "But as you get older, your body becomes less able to recover from stress." You feel tired and your immune system doesn't function properly.

What you need to do is target the cause of stress – whether it's a poor diet or a heavy workload – and manage that stressor effectively. Here's how Dr Loong recommends you spot the three stages of stress, before it's too late.

### **STAGE ONE: FIGHT OR FLIGHT**

You're under a lot of pressure and your cortisol levels are high, but you don't feel stressed. In fact, you're enjoying yourself because the source of stress is making you feel charged – perhaps it's a new job or workout. The key is to have the adaptability and resilience to absorb that stress, enjoy it, benefit from it, then dissipate it. If you stay in this high-cortisol state for long enough (everyone's different, so there's no set time frame), you eventually go to stage two.

### **STAGE TWO: ENERGISED BUT EXHAUSTED**

The adrenals are now tiring and producing less cortisol. This is when people start to gain weight. You may need caffeine to stay awake, crave sugar or struggle to sleep, and your sex drive may start to disappear. Health problems – joint pain, back pain, skin allergies, IBS or PMS – also get worse. If you fail to address the cause of stress – poor diet and inadequate rest, for example – you eventually enter stage three.

### **STAGE THREE: ADRENAL FATIGUE**

During this stage, your adrenals burn out and your cortisol levels are at an all-time low. You feel chronically fatigued and are unable to claw back your energy, despite resting. You may sleep for days or find it difficult to get up in the morning. You're emotional and unable to concentrate. You should seek expert help – visit a nutritional therapist or naturopath.

## **Support your system**

Try these expert fixes to tackle adrenal fatigue before it brings you down.

✿ **SLEEP OFTEN** "Your body heals and repairs when you snooze, so sleep is its service," says Dr Myhill. "Get at least eight hours of shut-eye every 24 hours."

✿ **AVOID QUICK FIXES** Too many stimulants such as caffeine can exacerbate adrenal fatigue symptoms, so give coffee and alcohol a wide berth.

✿ **EAT WELL** "Eating sugary foods can disrupt cortisol, as the hormone also regulates sugar. The gut's immune response is controlled by cortisol. If you're stressed, the immune response in your gut suffers, too," explains Dr Loong. "Reduce your sugar intake, especially the 'white stuff' such as bread, pasta, pizza, cakes and pastries. Eat protein and healthy fats to keep you fuller and avoid the fluctuation in sugars that causes fluctuation in cortisol levels."

### **PRACTISE MINDFULNESS**

"This means being in the moment and not worrying about the future – 70 per cent of what we fear or worry about never happens," says Dr Loong. "Try breathing exercises, meditation or walking in nature." 

## **Anti-burnout workouts**

**Ensure your fit sessions don't drain your stressed-out bod**

### **YOU'VE HAD... A BAD DAY**

A sweat sesh won't just help you let off steam, it will also increase norepinephrine, a chemical that helps your brain cope with stress. "A body-weight circuit is a great way to work up a healthy muscle burn. No time to think; just keep pushing!" says PT David Lam.

### **YOU'VE HAD... A BAD MONTH**

Can't muster up the energy for a HIIT workout? Instead, try training at a moderate pace. "Compound exercises are the best way to build strength while de-stressing," says Lam. "Focus on your technique to take your mind off your troubles. Think barbell deadlifts and chest presses."

### **YOU'VE HAD... A BAD YEAR**

"Yoga soothes tension in the body, while breath work sends calming signals from the respiratory system to the brain," explains yoga teacher Jessica Skye. "The physical movement creates heat, easing muscles and aiding the release of feel-good hormones such as endorphins."

HOT BODY ON A BUDGET

# Get happier FOR FREE

It's true that you can't buy happiness, but you can boost your mood with these 22 things that won't have you swiping a credit card

**1** Set up a shared Pinterest board with friends with a random theme and pin all you can find related to it. Get inspo from these crazy boards: 'Abandoned places and things' (think decrepit buildings and creepy deserted homes) and 'Hooked on the brothers' (devoted to Super Mario cakes).

**2** Google how to say 'happy' in other languages. We'll start you off: 'felice' (Italian), 'glücklich' (German), 'senang' (Indonesian) and 'furaha' (Swahili). Add to vocab, stat.

**3** Commit to a day of connecting with others – say hello to the bus driver, strike up a convo with your local barista, tell a stranger her skirt is très cool – and soak up the positive vibes.

**4** Not into running? Start a power-walking group – it's not just for grannies! Not only will getting





WORDS JAYMIE HOOPER; CAMERA KAMALEDDINE;  
PENNY CARROLL; PHOTOGRAPHY GETTY IMAGES

your heart rate up with a brisk stride release feel-good endorphins, but unlike when you go jogging, you won't be so out of breath that you can't catch up on all the goss!

**5** Subscribe to these YouTube channels: SoulPancake and Screen Junkies. The Street Squad vids from SoulPancake will have you grinning silly at just how sweet your fellow humans can be, and the Honest Trailers from Screen Junkies = guaranteed fits of giggles.

**6** Go geocaching. Did you know right now there are a few million geocaches (cases containing other people's random knickknacks) in just about every country waiting to be found? Make an account on geocaching.com so you can uncover their location, then go on a scavenger hunt. Who knows what's waiting in your 'hood...

**7** Throw a potluck dinner party with a twist. Unlike a traditional potluck, where each guest brings their own dish, ask your pals to bring three ingredients (for the entrée, main meal and dessert). Enter some fun figuring out what the heck you can cook.

**8** Check out Pinterest, Instagram and the WF Month of Mantras page for motivating quotes and program them into your phone so they pop up as daily reminders.

**9** Then, make your own word art with your favourite mantra by downloading the free Instawords app from the iTunes Store or Google Play.

**10** Check out the website 1000awesomethings.com for a refresher on all the little things in life worth celebrating. You know, like the first scoop out of a jar of peanut butter, or stomping on crunchy leaves...

**11** According to a Cornell University study, anticipating an experience can make you feel super happy. Take advantage of the happiness-inducing wait by creating visual reminders of exciting things you've got coming up – stick them on a wall calendar for daily happy hits.

**12** Kiss Channing Tatum, run the New York City marathon, climb Kilimanjaro – whatever life goals you have, write 'em on a bucket list. "It can reconnect you with some of your deepest values," says WF psychologist

Dr Lissa Johnson. "It's easy to prioritise things that won't matter in the end, so take time to remember what's truly meaningful to you and what really makes you happy."

**13** Grab some pencils and get into mandala meditation to reap the therapeutic benefits of colouring-in. Hot tip: You can find free printables at printmandala.com.

**14** Take a peek inside your fridge and cupboards and pack up any picnic-worthy goods. Head to that park you always walk past and settle in for a couple of hours of people-watching.

**15** Host a board game night and you'll defs find a positive high – well, unless you play Monopoly. Things can get a little tense when there's real estate involved...

**16** Pick a bunch of blooms from your garden (or, um, your neighbour's thriving hydrangea bush) and arrange them in glasses and vases around your home.

**17** Want to take the flower-loving up a notch? There are almost 2 million pics on Insta using the hashtag #flowersofinstagram. Trawl through them, before taking your phone to the streets to snap your own.

**18** Surprise a mate you haven't talked to in forever with a good old-fashioned phone call.

**19** Nothing calms a restless mind quicker than a little time-out, so take a 10-minute break for a guided meditation sesh. If you're new to the whole thing, download the free app Smiling Mind to help you get started.

**20** Give someone a hug. A big, cosy, pat on the back, two-armed cuddle.

**21** Creating something from scratch is a sure-fire way to get those (smug) happy hormones flowing, so visit origamitree.com and have a crafternoon with free tutorials. DIY origami strawberries? We're obsessed.

**22** Visit (or revisit) your bookshelf. Making a dent in your to-read pile will a) finally justify why you bought all those books in the first place, and b) give you a much-needed break from #life. 



CHARLOTTE  
DODSON,  
YOGA TEACHER

# Ask our experts...

Got a problem that requires professional advice?  
The WF team sorts out your health and fitness issues

## Q "How often should I be practising yoga to ensure I get the best results?"

**A** Like anything in life, the more we practise something, the better we become! I'd encourage anyone wanting to look and feel their absolute best to practise yoga daily, whether this is 20 minutes of sitting in meditation

or an hour of dynamic movement. Including this in your day (even if it's just a short session) will positively feed into all areas of your life. You'll gain a calm and steady mind, as well as a strong, lean body.

## Q "Are artificial sweeteners safe to eat?"

**A** Artificial sweeteners are synthetic sugar substitutes that are many times sweeter than regular sugar. They're added to foods to replace the sweetness of sugar (minus the excess kilojoules!), making them an appealing option for people trying to lose weight. They can also be used by diabetics, as they don't raise blood sugar levels.

Despite this, artificial sweeteners have received some negative press, with their safety being questioned. However, according to the Food Standards Australian New Zealand (national food regulatory body), scientific evidence supports the safety of these sweeteners for use in our food.

If you're concerned, however, you can always select foods that are sweetened with natural sweeteners like stevia.



CAITLIN REID,  
DIETITIAN

## Q "My friends and I spend a lot of time talking about how we hate being single. How can I stop these thoughts from becoming obsessive?"

**A** It's understandable to become fixated on finding love, as it's a core human need. However, it's easy to fall into the trap of idealising couple-hood, and miss the magic of your life as it is now. The trick is to strike a balance between acceptance and change: accepting and appreciating where you're at, while at the same time seeking something else. The two needn't compete.

Rather than suppressing thoughts of being single, which will only make you think about it even more, make room for other perspectives. For instance, "I'd love someone to come home to, but I also treasure my independence".

Focus on nurturing your relationship with yourself. Your own company is a precious resource. If you enjoy it, others will too. And relationship or not, you will never be alone.



DR LISSA  
JOHNSON,  
PSYCHOLOGIST

**Q** "After not exercising for years I've started a workout plan. I feel unfit – I'm puffing after 10 minutes. Does it get easier?"

**A** My answer to this question is a little bit 'yes' and a little bit 'no'. Let's start with the 'yes' part... Yes, as you get back into regular exercise, you'll feel stronger and fitter and begin to enjoy it a lot more. Your confidence will improve, your recovery time should become shorter and you'll feel like you can push a lot harder. Give this process time – it won't happen overnight, but the more consistent you are, the more likely you'll be to get there.

The 'no' part: You shouldn't get to a point where your workouts feel easy because as you progress, you should be stepping up the intensity of your sessions. You need to work past your comfort zone at least a few times each week to strengthen your heart, lungs and muscles. At the end of the day, consistency is your friend, so just keep turning up and focus on how great you feel after your workouts, not how tired you are right in the middle of them!

**LIBBY BABET,  
PERSONAL  
TRAINER**



**BLAKE WORRAL,  
THOMPSON, PT  
AND WELLNESS  
COACH**

**Q** "I'm worried running will have long-term impact on my joints. What other forms of cheap and easy exercise are just as good for cardio health?"

**A** The interesting thing about cardio is that most people think you have to be running, cycling, swimming or using the cross trainer to improve it – not true. When I'm training the 6 Weeks to Sexy girls with weights, there are times they'll get their heart rate up *higher* than when they're doing cardio! So to answer your question, a simple approach to cardio could be a body weight circuit in the comfort of your own home.

**Q** "I went off the pill in January after about 10 years, and I'm having very irregular, sometimes non-existent periods. Is there anything I can do to feel normal again?"

**A** This is better understood by examining how the pill works to prevent pregnancy. The pill suppresses pituitary hormones that coordinate ovulation and the menstrual cycle. In some women, this suppression continues after stopping the pill, resulting in an irregular cycle or none at all, which can be concerning, especially if the aim is to fall pregnant.

We also know that factors such as stress, excessive exercise, alcohol and symptoms of polycystic ovarian syndrome (PCOS) are associated with ovulation suppression, so a holistic approach is needed to help restore the reproductive system to its normal functioning after coming off the pill.

Assess sleep, hydration, work-life balance, diet and digestion with the aim to improve these factors. Investigate for thyroid problems, anaemia, and PCOS. Nourish your body with more whole foods and less sugar, alcohol and processed food. Exercise, relaxation skills, acupuncture and massage may also help to reduce stress and increase blood flow to the reproductive organs.

Track your cycles to monitor your progress and make sure you seek advice from your health professionals to investigate, monitor, support and tailor the treatment to your individual needs. Interestingly, during the process you are likely to see an overall improvement in your health and wellbeing, so don't be afraid to start. **M**



**CLAUDIA LEE,  
GENERAL  
PRACTITIONER**

**Got a health and fitness question for us? Our experts are patiently standing by to tackle your issue. Just email your query to [mail@womensfitness.com.au](mailto:mail@womensfitness.com.au)**

# Fitscopes

Wondering how your August will shape up? Orli Lysen reveals all

## Aries

21 MARCH – 20 APRIL

This month brings your best opportunity in more than a decade to get the body you want. Fitness gets easier, bringing you lasting results. It's also more fun – so long as you reprogram your thinking towards a more holistic approach. It helps that romance is a major motivator now, too.

## Taurus

21 APRIL – 21 MAY

It's time to turn your attention to love and your artistic talents. Choose your partners and pleasures with care, as being more discerning is the key to happiness now, and an environment linked to fitness is where it could happen. Aim to fulfil a dream this month – it's your best chance this year.

## Gemini

22 MAY – 21 JUNE

This month sees the start of a new attitude to body-care. Go back to basics, look at your family's health history and see how you can change the habits of your dynasty rather than jump into new fads that may fascinate but fail. Knowledge is power – and it could even help you win a love match.

## Cancer

22 JUNE – 23 JULY

Your finances have been a source of fascination recently. Give your money a makeover, then put what you earn towards what you learn, as what's ahead for you relies on you acquiring new skills – including at the gym. Start small but aim big. Love lightens up this month, also.

## Virgo

24 AUGUST – 23 SEPTEMBER

Your optimistic streak starts to pay off now, so you can start to make things happen the way you want. You're about to become the best version of yourself in mind, body and spirit. Others may feel over-awed by you, so figure out who is most in tune with your vision and keep them on side.



## Leo

24 JULY – 23 AUGUST

You're totally driven to succeed this month, but don't abandon charm in the pursuit of your highest ambitions. Add a loving touch, whether it's at work or with your fitness goals. Your personal wellbeing and a financial health check are big news for you now and right through to next year. You're luckier than usual with cash, so be super picky and bag some bargains. Romance is close by, but you might not see it until next month.

## Libra

24 SEPTEMBER – 23 OCTOBER

A dream project of your own or a heartfelt endeavour with friends gets a new burst of energy or extra funds this month, giving it more chance of turning out just as you'd planned. When it comes to workouts, putting mind over matter gets you in the right headspace to achieve your goals.

## Scorpio

24 OCTOBER – 22 NOVEMBER

Climbing the career ladder has been tough but this month you get a surge of activity that could bring the breakthrough you need. Collaboration is key, whether for work or personal ambitions. With fitness, find a workout buddy or personal trainer and get bigger, better and faster results.

## Sagittarius

23 NOVEMBER – 22 DECEMBER

You like to think big, but think even bigger now as the insights you gain will enhance your work life in wonderful ways. Just note: attention to detail is everything. This goes double for workouts, where it's the quality of reps not the quantity that will gain you a super-sculpted physique.

## Capricorn

23 DECEMBER – 20 JANUARY

This month is about getting your facts straight and telling it like it is. Friends and co-workers will respect your diplomacy and honesty. There's a sense of personal power about you that adds to your appeal and makes this a sublimely sensual time. Heat-inducing yoga workouts suit your style.

## Aquarius

21 JANUARY – 19 FEBRUARY

Passion is the name of the game with your main relationship now, and if yours has been a public entanglement so far, then more privacy is the way to move forward. Money matters may need a review, but don't skimp on self-care – find cheaper alternatives to the gym but fuel yourself with quality food.

## Pisces

20 FEBRUARY – 20 MARCH

You could find your energy's flagging this month, so choose lighter, more fun workouts. It takes two to tango and to get fit: dancing or partnering up will keep you motivated and could add love to your life, too. Adventures arise for you in areas that, until recently, seemed closed.



Orli Lysen has been a professional astrologer for more than 10 years, specialising in relationship astrology. Her fitness style? Ashtanga yoga – a hot workout with a spiritual side to it. For more star-gazing insights, visit [orlilysen.com](http://orlilysen.com)



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# Think fit

## Train Your Brain



### Spin city

Next time someone jams the office printer for the 328th time, try to resist the overwhelming urge to send a cranky email to your colleagues and offer a helpful solution instead. Why? It might not feel like it at the time, but it'll soothe your stress levels in the long run. Scientists from Michigan State University say that complaining at work puts you on the fast-track to mental fatigue, poor productivity and high stress – unless you give your gripes a positive spin. The researchers found that those who speak up with constructive criticism are less likely to experience brain-drain and are more beneficial employees, which adds up to a happier workday for you. Now, about that printer... ■

Laura thought finding an apple on her desk deserved a fist pump



# The art of THANK YOU

Counting your blessings can give you a big wellness boost, so start cultivating an attitude of gratitude

## WHAT'S GETTING MORE BUZZ THAN A TAYLOR SWIFT VIDEO?

Gratitude. This often overlooked emotion has hit the big time recently, thanks to a swathe of studies showing that counting your blessings can improve wellbeing.

There's no hidden catch, either – experts reckon simply writing a 'gratitude list' and making an effort to acknowledge how good you've got it can give you a boost.

Here's what you'll get in return: better heart health, less anxiety, more happiness and even more sleep. Research from the University of Connecticut in the US showed that gratitude can lower the risk of heart failure. Scientists studying people who had suffered a heart attack found those who saw benefits in their experience – such as

being more grateful for, and appreciative of, life – had a reduced risk of having another heart attack. Meanwhile, a study from Baylor University in Texas found that people who appreciate what they have (rather than materialists, who focus on the stuff they're lacking) have more life satisfaction and happiness.

Positive psychology expert Robert Emmons, author of *Gratitude Works!* (John Wiley & Sons, \$28.99), found that people who express gratitude tend to be more optimistic and healthy than those who don't. Gratitude can lower anxiety and depression levels, give us greater satisfaction in our relationships and lead to better sleep ("Count blessings, not sheep," says Emmons). It can also spread good karma – if you express gratitude to others, they're more likely to behave more generously themselves.

Ready to start feeling more blessed than stressed? Try these tips for getting thankful – and enjoy the rewards.

## Share the feeling

Tell someone you find difficult how much you value them, whether it's the colleague who's always talking down to you or your needy friend. Be specific – give three reasons why you appreciate them. You may love their diligence, can-do attitude, even their terrible jokes. Gratitude strengthens bonds, showing a person they matter more to you than they realised.

## Go public

Announce your plans to be more grateful. Share with your friends on Facebook and Instagram the stuff in your life you feel



## 3 of the best... Thank you cards



Typo card, \$4.95,  
[cottonon.com](http://cottonon.com)



Rifle Paper Co 'Merci'  
cards, \$29.95 (for pack of 8),  
[hellofrankie.com.au](http://hellofrankie.com.au)



Papier D'Amour  
'Thank You' cards,  
\$25 (for pack of 10),  
[papierdamour.com.au](http://papierdamour.com.au)

grateful for. You'll start to notice you have a brighter outlook, and hopefully it'll rub off on your friends, too. Just go easy on the 'blessed' hashtags...

## Be kind to yourself

We all have an inner monologue going on and we often respond to it in subtle ways. If your inner voice is negative, your mood is bound to be low to match. Make an effort to give your inner voice a more appreciative tone, though, and your mood will lift, allowing for better actions and interactions with others.

## Use visual reminders

Put a note of gratitude on your mirror so you begin the day with a bright outlook. Or try a gratitude app on your phone – we like Gratitude Journal (\$2.49, iTunes). It encourages you to jot down what you're grateful for, plus you can share your gratitude lists and create slideshows when you need a reminder of how good life is.

## Thank everyone

Challenge yourself to wholeheartedly thank everyone who does something for you, no matter how small – from the bus driver who waits for you at the stop, to a colleague who gets you a cup of tea.

## Write a letter

A powerful way to practise gratitude is to write a 300-word letter to someone who's made a difference to your life. It's an idea suggested by Martin Seligman, positive psychologist and author of *Flourish: A Visionary New Understanding of Health and Well-being* (Random House, \$19.99). Go into detail; write about how much they changed your life. Deliver it in person, without saying beforehand why you wish to visit them. Seligman promises this will give you both a boost.

## Team up with a gratitude buddy

This can help you keep going until gratitude becomes a habit. Find a friend who wants to practise thankfulness – you could make gratitude lists every week and email them to each other. Hearing another's list can inspire you to feel more grateful, too. **wf**

## How to write a thank you note

In a world littered with boring mail (we meet again, electricity bill) a genuine thank you note can make someone's day. "A hand-written note is enormously powerful – some studies say up to 100 times more impacting than an email," says Anna Musson, director of The Good Manners Company and author of *Etiquette Secrets* (\$24.95, [goodmanners.com.au](http://goodmanners.com.au)). We asked Musson to clue us in on how to do it right...

### Make it personal

Don't just tear a page out of your notebook – this is your chance to invest in some cute cards. "Choose stationery that suits your personality," says Musson. "Monogrammed stationery isn't a huge cost but it makes a lovely personal statement."

### Time it

It's a good idea to send a thank you after you've been given a gift or enjoyed dinner at a friend's place – any time you've been on the receiving end of an act of kindness. Just be sure to act fast. "Ideally, thank you notes should be sent within 24 hours of the event," says Musson.

### Add some sparkle

Say thanks for the delicious meal, invite, kind thought... Then add a little extra anecdote to make the recipient feel special. "Refer to something wonderful or funny or memorable from the occasion in the note, and make it positive," tips Musson.

### Step away from the printer

Don't be tempted to type out your note or attach a printed address label, no matter how poor your penmanship. Handwriting is the only way to go! Write a draft on scrap paper first to ensure you get the message down perfectly.

# FEED YOUR MIND

When life hands you lemons, do you reach for doughnuts? WF's Penny Carroll discovers a better way to soothe stress

## LATELY I'VE BEEN HANGING OUT WITH ANNE SHIRLEY.

Remember Anne? She's the feisty, carrot-topped heroine of LM Montgomery's classic saga *Anne of Green Gables*. We were close mates (aka kindred spirits) from an early age and recently got reacquainted. I'm not sure what prompted this sudden urge to revisit Avonlea and its loveable cast of characters, but I do know it feels good, and following that familiar storyline has helped me drift off to sleep faster than ever.

As it turns out, I haven't just been feeling nostalgic. According to Gretchen Rubin, author of bestselling book *The Happiness Project* (HarperCollins, \$22.99), there's a good chance I've been self-medicating without even realising it, feeding my frazzled mind some much-needed 'comfort food' in the form of a reliable childhood read. She knows, because she's been there herself – her preferred mental macaroni and cheese is also children's literature. "The funny thing is, the more stressed out I am, the further back I go," Rubin laughs. "So if I'm reading a book that's aimed at eight year olds, I'm really stressed out, and if I'm reading a book that's aimed at 17 year olds, well, it's not so bad."

It took a while for Rubin to recognise her pattern and its benefit – that rereading favourite books from her childhood was giving her brain a welcome respite from worries – but pinpointing it was a real breakthrough. It meant she had an effective stress-buster on hand when she knew the going was about to get tough. "When I was working with an editor on my most recent book, *Better Than Before*, I was doing a lot of editing and it was very challenging, and I thought, 'You know what? I'm just going to reread the entire Harry Potter series as I do this, because I need to keep myself on an even keel,'" she recalls.

"I thought that it would be the perfect palliative, and it was, it really helped me."

## THE RECIPE FOR RELAXATION

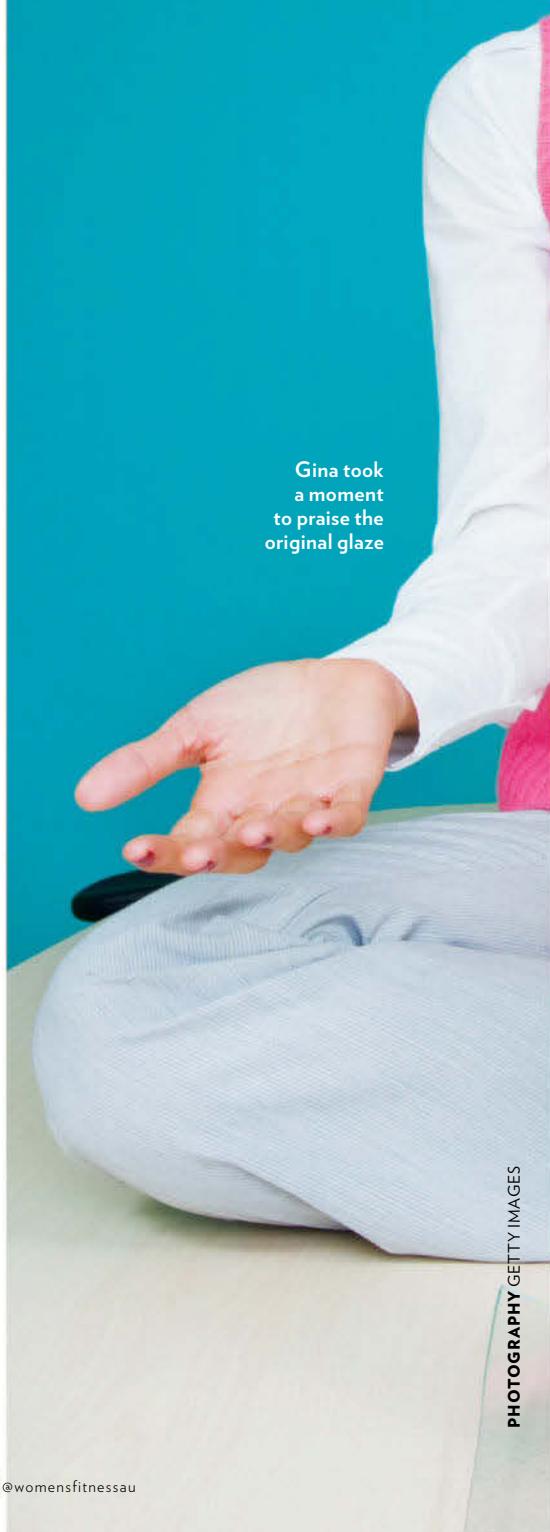
You don't have to be a *Harry Potter* or *Anne of Green Gables* fan to cash in on this particular kind of stress relief – comfort food for the mind comes in a whole buffet of forms. Knowing what yours is means you can avoid reaching for *actual* food or a bottle of vino every time you want to take the edge off a difficult day.

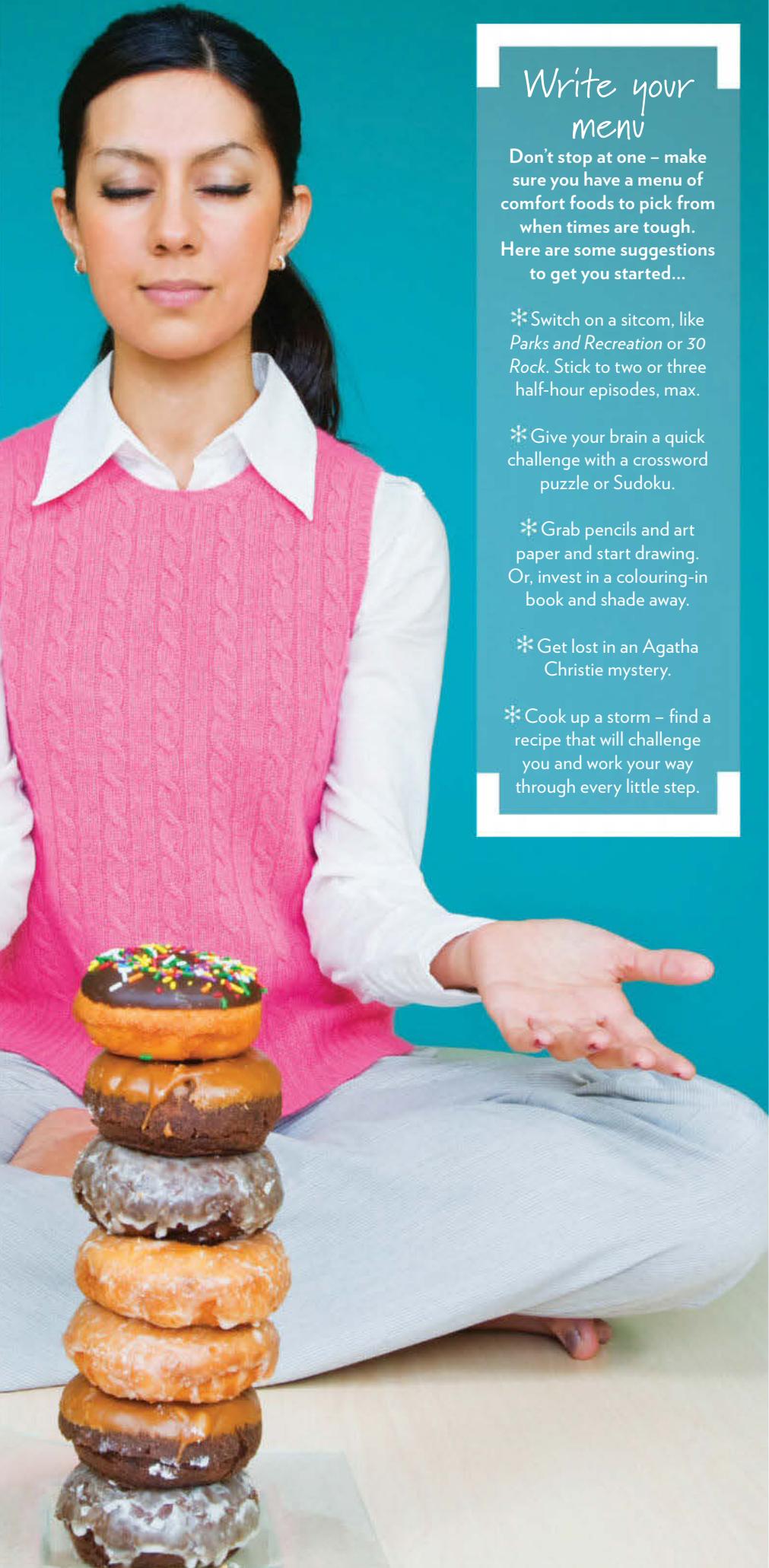
"When people think of comforting or treating themselves, they immediately think of food or alcohol," explains Rubin. "Like, 'I had a really tough day, therefore I deserve a glass of wine.' Or, 'I'm really stressed, therefore I have to have cookie-dough ice-cream.' But what's happening is that you do something to make yourself feel better – however, in the end, you make yourself feel worse. After the wine and the ice-cream, you feel guilty, then you feel worse, and that means you end up going even deeper into whatever you're doing."

Indulge in something mentally soothing instead, and you give your churning mind a healthy distraction that boosts your mood without any nasty side effects.

The good news is, you probably already have a comfort food for your mind – you just haven't noticed it yet. Looking back, I realise I've often intuitively turned to reading to temporarily check out of overwhelming situations that whip up a tornado of worry (I once consumed several thick *Outlander* books while a loved one was in hospital). The key to finding your personal comfort food – and deploying it in your hour of need – is being mindful of the enjoyable activities you already do that lift your spirits.

Gina took a moment to praise the original glaze





## Write your menu

Don't stop at one – make sure you have a menu of comfort foods to pick from when times are tough. Here are some suggestions to get you started...

- ✳ Switch on a sitcom, like *Parks and Recreation* or *30 Rock*. Stick to two or three half-hour episodes, max.
- ✳ Give your brain a quick challenge with a crossword puzzle or Sudoku.
- ✳ Grab pencils and art paper and start drawing. Or, invest in a colouring-in book and shade away.
- ✳ Get lost in an Agatha Christie mystery.
- ✳ Cook up a storm – find a recipe that will challenge you and work your way through every little step.

"You want something that distracts you, so if you're ruminating about something that's making you anxious, it's something that moves your mind away from that worry," explains Rubin. "I think food is obvious to people, so they haven't taken the time to ask themselves, what can I do with my mind? Pay attention and ask, 'What are the things I do that leave me feeling calmer or cheered up?'"

The comfort your mind craves will be totally unique to you. It could be watching reality TV shows, it could be working on a craft project, it could be going for a long walk along the beach, or, as in the case of Rubin's friend, it could even be making imaginary holiday itineraries. "I hate that kind of thing, but for my friend it's really soothing and pleasant!" says Rubin.

## STRIKE A BALANCE

Just like it's not a great idea to munch on iced doughnuts for breakfast, lunch and dinner, your mind's comfort food won't hit the spot for every stressful situation you face. It's not a cure-all, so steer clear if you think you might be using it to procrastinate when what you really need is to face up to your problems and take action. "I think it's important to recognise that negative emotions can have a really positive role to play because they show us something's not working," points out Rubin. "So, for example, if you're unhappy at work, you don't want to be distracting yourself because you want to grapple with the situation so you can make it better."

Instead, turn to your mental comfort food when you're overworked, stressed, bummed out or worried and there's nothing you can do to improve matters. "A lot of times there's really nothing to be fixed, you just have to get through it," explains Rubin. "Like, 'I made a fool of myself and I feel terrible, so how can I comfort myself and get over myself?' Or, 'I'm really nervous about something that's coming up and there's nothing more I can do to prepare but I'm all agitated until it happens.' How can you give yourself a comfort food while you're waiting?"

It'll also be most effective if you don't overindulge. Look for a comfort food that's self-limiting – for example, you can finish reading a favourite magazine in an hour or two, but if you're spending entire days parked in front of the TV working through the complete six seasons of *Sex and the City*, then you're probably overdoing it. Like all treats, this one's about quality, not quantity. 

# “I’m bringing a FITNESS CRAZE TO AUSTRALIA”

Shelley Thrussell, 25, took a chance on a new workout and is now a licensed instructor

**FITNESS HASN'T ALWAYS BEEN PART OF MY LIFE.** It wasn't until five years ago that I started Zumba at home and took up running, then things grew when I read a write-up about a workout called Pound in the June 2013 issue of *Women's Fitness*. Reading the article had me hooked before even trying it! For those unfamiliar with Pound, the best way to describe it is as a full-body workout to music, with the added challenge of weighted drumsticks. It was like nothing I'd ever heard of.

Unfortunately, I discovered Pound classes weren't offered in South Australia, where I live, so I flew to Sydney for a day so I could go to a class. The trip was worth it – I knew I had to have Pound in my life. It was so fun and the workout was insane.

I decided SA needed a class and that I wanted to teach it. I made contact with Pound HQ in the US to see if instructor training was coming to Australia. They told me nothing was on the horizon, so I booked into a training course... in San Francisco!

I was so determined to become an instructor because I loved how Pound

made me feel. I wanted others to have the chance to experience it too, so I made it happen. Despite having to pay for flights and accommodation in order to complete my training, it was definitely worth it. My aunty came along and we made a holiday of it, with my training scheduled for the last day of our week-long trip.

The training itself was seven hours and consisted of an hour of theory (learning about the science behind Pound and how to structure a class), participating in a demo class and learning choreography. It was intense, given we were actually doing Pound for at least five hours that day, but I learned a lot. It was challenging both mentally and physically. There were a few moves where my lack of coordination let me down, but a bit of practise fixed that. I had to step way out of my comfort zone. I felt so proud that after 18 months of waiting, I was finally a licensed Pound instructor. It was the best feeling!

Since being home, I've been practising choreography, which is important to teach a Pound class. I learnt 10 tracks at training, so now it's a matter of remembering them. I'm hoping to have all the choreography perfected before my upcoming launch.

I've secured three locations to teach at. Two venues are advertising for me by putting up posters. But I'm also relying on word of mouth and social media.

I have no plans to give up my current job in the retail automotive industry, as teaching Pound full-time

is not an option, but fitness is my passion. My average week consists of a game of netball, one Zumba class, three weights sessions at the gym, cheerleading training, a pole dancing class and one or two HIIT/ cardio sessions. Once Pound launches, I'll also be teaching five classes a week. I don't think of myself as super fit, but I'm fit enough to keep up my regimen, so I must be doing something right.

Thanks to the story in *WF*, my eyes were opened to a new class, I travelled to the US and now I'm the first licensed Pound teacher in SA (that I'm aware of!). It's enriched my life – I hope it takes off! **M**



## Action your plan

**WF yoga expert**  
**Charlotte Dodson**  
shares the tips she's learnt from running her own fit business

**Allow the idea to evolve:** As your business grows, it may move in an unexpected direction. The idea is just the beginning. Be open to change and keep evolving with technology professionally.

**Find a solid team:** Collect individuals who are highly professional and full of inspiration. You want the relationships to work in harmony, and for all to be proactive and have the same goal.

**Consider feedback:** It takes time to build an ambitious operation. As you expand, it's crucial that you're available through social media to answer questions personally.



At Pound Camp in San Francisco



Shelley's hoping to drum up support for Pound in Oz

Got an inspiring fitness story to share? Email us at

mail@womensfitness.com.au with "WF Moves Me" in the subject line.

# Feed Your Vego



Raw



Zain Saraswati Jamal  
Sunwarrior Ambassador

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SUNWARRIOR

Photo: Steven Hymas

# Go with your gut

No clue how to get in touch with it? WF's resident kinesiologist Yolande Herring guides us through it

## "DO YOU TRUST YOUR GUT INSTINCTS AND YOUR INTUITION?"

"Do you know what it means to trust your gut?" "What is your gut instinct?" "What is intuition?" These are just some of the questions I ask clients (or they ask me) when we get onto the subject of gut instincts and intuition.

To start, you need to understand what they are. Intuition and instincts are closely related and the words are often used interchangeably – but there is a definite difference. While instinct is an innate feeling (as opposed to an opinion or an idea based on facts), intuition is the ability to understand something or make a decision, without the need for conscious reasoning.

Instincts are something we're born with. They're automatic and come with a feeling. Intuition, on the other hand, is about discovering something without a thought process being involved. It's a knowing. In both instances it's a sense that tells us something without the use of our intellect – and they're both intertwined.

There are good reasons to listen to your gut instinct and what it has to tell you. Your instincts are there purely for your safety and wellbeing. In the face of danger, it's our instincts that get us out of there quickly. Instinctive reaction is much faster than our minds can calculate. But when our gut instincts tell us something and we're not in immediate danger, then often our wonderfully complex mind butts in and we start thinking the situation over, questioning that initial feeling we had.

One of the best reasons to go with your gut is to dodge over-thinking. You'll always come back to that gut feeling, or wish you had. By trusting it in the first place you can save yourself a whole lot of stress, anxiety, energy and time. Over-thinking not only depletes nutrients, but in traditional Chinese medicine it's linked with your digestive system, so excessive thinking can create a disharmony that has detrimental effects on overall health and wellbeing.

## Gut guide

Follow these tricks to learn how to listen to your gut instincts.

\* Start to pay attention to your body, specifically between your shoulders and the bottom of your pelvis, to connect to the wisdom of the body, rather than trying to use the mind. By keeping awareness out of the head and in the body, it helps you connect to the gut brain (instincts) and the heart brain (intuition). The next time you need to make a decision, even something as simple as what to order for dinner, think about each option and notice how your body feels. Does it contract and become tense at the thought? Does something feel off or icky? Or do you feel a sense of calm?

\* If your mind gets in the way, try placing one hand on your belly and one on your heart and take slow, deep breaths. This will help focus your attention on your body as well as slowing down your nervous system. Increase the connection to your feelings by closing your eyes (to remove visual stimulus) and looking down. Directing your eyes down helps you access your feelings (as opposed to looking up to access thoughts). This isn't a process to try to 'make' happen, but more of relaxing into it and allowing.

\* Finally, trust what you feel and what your gut is telling you. When it speaks to you it's trying to tell you that there's something you need to pay attention to.

If this is new to you and you've been living in your head a long time, be patient. Give yoga, meditation, tai chi or the Chinese spiritual practice of Qigong a go, as these all require us to connect to our body and breath, and help us access our gut instincts and intuition more easily. Like developing any skill, it takes practice, but the more you do it the more natural it will become. Enjoy the process! **W**



PHOTOGRAPHY DAVE WHEELER HAIR & MAKE-UP SARAH DAMICHI/DLM

# Month of mantras

Looking for some daily inspo? These mini motivational hits will do the trick. Cut them out and stick them around your home or office

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<i>Be a warrior, not a worrier</i> <small>women's fitness</small>	<i>THE BODY ACHIEVES WHAT THE MIND BELIEVES</i> <small>women's fitness</small>	<i>Be happy with what you have while you work towards what you want</i> <small>women's fitness</small>	<i>Ignore the haters or better yet, make them believers</i> <small>women's fitness</small>	<i>If it scares you, it might be a good idea to try</i> <small>women's fitness</small>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<i>TRAIN LIKE THERE'S NO FINISH LINE</i> <small>women's fitness</small>	<i>Never let a stumble in your road be the end of your journey</i> <small>women's fitness</small>	<i>EAT GLITTER FOR BREAKFAST AND SHINE ALL DAY</i> <small>women's fitness</small>	<i>MISSION: I'M POSSIBLE</i> <small>women's fitness</small>	<i>What would you do if you weren't afraid?</i> <small>women's fitness</small>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<i>DEAR STRESS, LET'S BREAK UP</i> <small>women's fitness</small>	<i>Every day, you inspire people you have never met</i> <small>women's fitness</small>	<i>Life doesn't have a remote. Get up and change it yourself</i> <small>women's fitness</small>	<i>Know pain, know gain</i> <small>women's fitness</small>	<i>Let the good times roll</i> <small>women's fitness</small>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<i>A dream is a wish your heart makes</i> <small>women's fitness</small>	<i>Fall in love with as many things as possible</i> <small>women's fitness</small>	<i>Life is inevitable, living is optional</i> <small>women's fitness</small>	<i>MAY YOUR COFFEE BE STRONG AND YOUR MONDAY BE SHORT</i> <small>women's fitness</small>	<i>Hold the vision, trust the process</i> <small>women's fitness</small>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<i>SAY YES TO NEW ADVENTURES</i> <small>women's fitness</small>	<i>POUR YOURSELF A CUP OF AMBITION</i> <small>women's fitness</small>	<i>You can never have too much happy</i> <small>women's fitness</small>	<i>Turn regrets into results</i> <small>women's fitness</small>	<i>Be a rainbow in someone else's cloud</i> <small>women's fitness</small>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<i>Start where you are, use what you have, do what you can</i> <small>women's fitness</small>	<i>Decisions determine destiny</i> <small>women's fitness</small>	<i>Great minds think fit</i> <small>women's fitness</small>	<i>GOOD THINGS COME TO THOSE WHO SMILE</i> <small>women's fitness</small>	<i>SOMETIMES YOU WIN, SOMETIMES YOU LEARN</i> <small>women's fitness</small>
<b>31</b>				
<i>Live simply</i> <small>women's fitness</small>		<i>Share the love around! Hashtag #womensfitnessmag to show us the different ways you've gotten creative with these messages.</i>		

# Your 6-week *hot body* plan is here!

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per week!



**Sign up for...  workouts  recipes**

Say hello to...

# women's fitness x *Buf Girl* fitness program

Want to get next-level healthy, fit and confident? **WF** has teamed up with resident **PT Libby Babet and her BUF girls** to bring you their transformational foundation program, BUF Body

## \*WHAT DO I GET?

The quickest, healthiest and most fun fitness and nutrition program around! Designed just for girls to get you lean, strong and fit, this 6-week step-by-step online program delivers quick and easy daily content Monday to Saturday. You'll get workouts, food and fitness tips, recipes and goal-setting tricks served up, too.



## \*THE BEST BIT?

You don't have to do it all on your own – the BUF girls are right there on the journey. You'll have support from trainers at your fingertips, thanks to a private Facebook community that's packed with girl power!

## I WANT IN! HOW DO I SIGN UP?

Head to this link on **WF**'s brand-spankin' new website and sign up for only \$24.50 per week for 6 weeks: [womensfitness.com.au/wfxbuf](http://womensfitness.com.au/wfxbuf)  
Need help signing up? Email us at [mail@womensfitness.com.au](mailto:mail@womensfitness.com.au)

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# Be fit

## Sculpt Yourself



### Get the right dose

Make sure you get enough exercise, but be careful not to overdo it... Sometimes it feels like we're getting mixed messages when it comes to how many workouts we need. Thankfully, Aussie researchers may have the answer. After examining data from 200,000 adults, they found that those who met the exercise guidelines (FYI, that's at least 150 minutes of activity a week) substantially reduced their risk of early death – even if their effort was moderate. Those who favoured more vigorous sweat sessions (think running instead of walking) had a small, but still significant, additional reduction in mortality of 9-13 per cent. The bottom line? You can still get big health benefits even if you're not breaking records on the treadmill, as long as you're clocking up the recommended hours – but if you want to go a little harder or add a few more sessions, this study gives you the green light. **wi**

Dee was on the home stretch





Get all the hot-body benefits of a trainer without denting your bank balance. Ker-ching!

## HOT BODY ON A BUDGET

# BE YOUR OWN PT

**IF LIFE WAS AN OSCARS CEREMONY**, personal trainers would scoop up all the big awards. They provide motivation when your own is lacking (best supporting actor), they find ways to help you enjoy exercise when your imagination is running dry (best picture), and they do the thinking for you – allowing you to switch off and focus on smashing your workout (best directing). So, it's no wonder they often come with blockbuster prices.

The good news is, you don't need an

A-lister's budget to enjoy the benefits of a PT. While checking in with a professional when your fitness stalls is a great way to push through a plateau, personal trainer Carl Martin reckons you can achieve winning results on your own.

To help you on your way, Martin has put together 10 moves focusing on mobility, strength and conditioning. Work on these for the next four to six weeks, then mix it up with some balance and coordination moves (think one-legged squats, exercises

using a Bosu ball and explosive jumps) to amp up your progress. And start working on that Hottest Body acceptance speech while you're at it...

**YOU'LL NEED:** Foam roller, resistance band, kettlebell, 2 x dumbbells, bench

**Starting out?**  
3 sets  
**Need a challenge?**  
4 sets  
**Almost pro?**  
5 sets

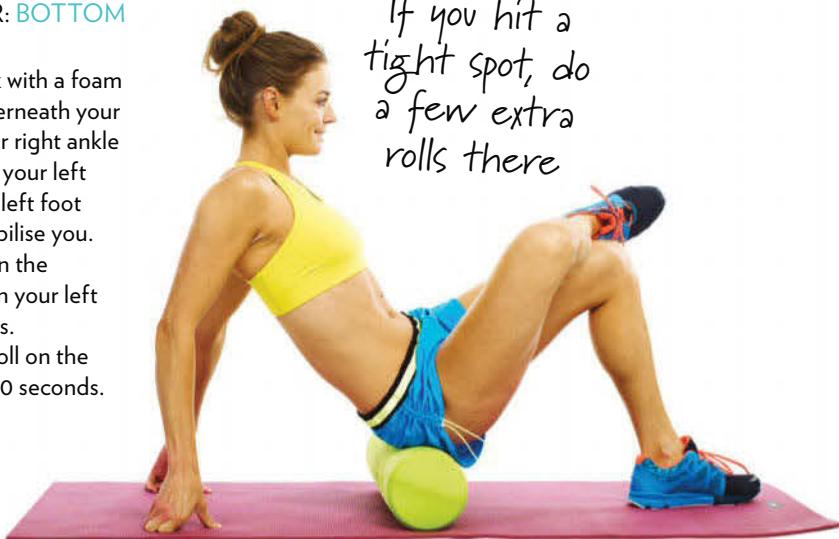
## 1 GLUTE FOAM ROLL

GREAT FOR: BOTTOM

**Technique**

- Lie on your back with a foam roller directly underneath your bottom. Place your right ankle across the knee of your left leg and keep your left foot on the floor to stabilise you.
- Roll up and down the bottom muscles on your left side for 30 seconds.
- Switch sides to roll on the right for another 30 seconds.

If you hit a tight spot, do a few extra rolls there



## 2 THORACIC SPINE FOAM ROLL

GREAT FOR: UPPER BACK

**Technique**

- Lie on your back with your knees bent and feet flat on the floor. Position a foam roller underneath your mid-back, below your shoulders.

- Place your hands behind your head (without putting any pressure on the head or neck) and slowly roll up the spine toward your neck and back down, repeating for around 30 seconds.



## 3 BAND-SUPPORTED LEG LOWER

GREAT FOR: REAR THIGHS

**Technique**

- Lie on your back with both legs extended towards the ceiling.
- Hook a resistance band over one foot.
- Slowly lower the other leg, keeping both legs straight throughout.
- Perform 8 reps then switch the band to your other foot and repeat. ▶

## 4 KETTLEBELL DEADLIFT

GREAT FOR: BACK, BOTTOM, THIGHS

### Technique

- Stand over a kettlebell with the handle in line with your toes and your feet shoulder-width apart.
- Push your hips back as far as possible, keeping your back flat, and grab hold of the handle.
- Drive your hips forward and extend back to the starting position, squeezing your bottom at the top.
- Return to the start and repeat for 8 reps.



## 5 SIDE PLANK WITH REACH

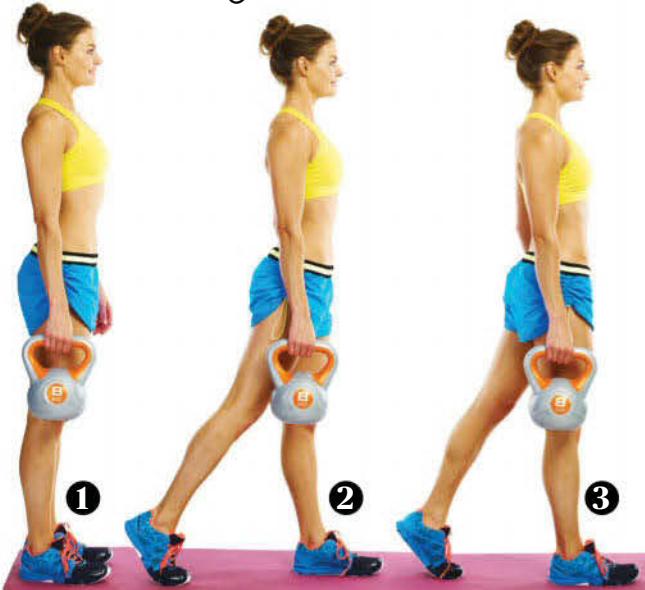
GREAT FOR: CORE, SIDES

### Technique

- Start in a side plank position with your feet stacked on top of each other, arm extended to the ceiling.
- Bring your arm under your body by rotating your torso.
- Return to the start and repeat for 12 reps.



Use the most challenging weight you can get your hands on!



## 6 SUITCASE CARRY

GREAT FOR: UPPER BACK, CORE

### Technique

- Hold a kettlebell in one hand, keeping your back straight and body upright.

- Walk 30 paces, keeping your body straight.
- Change hands and walk another 30 paces.

## 7 SPLIT SQUAT WITH ROTATION

GREAT FOR: FRONT THIGHS, CORE, SIDES

### Technique

- Start with one foot in front of the other, holding a weight at chest level.
- Bend both legs until your knees are at 90 degrees, bringing the

- weight to one side across your front knee.
- Push back up to the start and repeat for 12 reps. Repeat with your opposite leg in front, rotating to the other side.

Your feet should be split around a metre apart



# *3 secrets to success*

## Carl Martin shares his top tips to PT-worthy results without the spend

# BOOK A ONE-OFF SESSION

While hiring a regular trainer can get expensive, booking a single session could make a difference.

"Even if it's just for accountability (and to check in with someone in the know), the mere hiring of a PT can help to boost your motivation," Martin says.

## MAKE NOTES

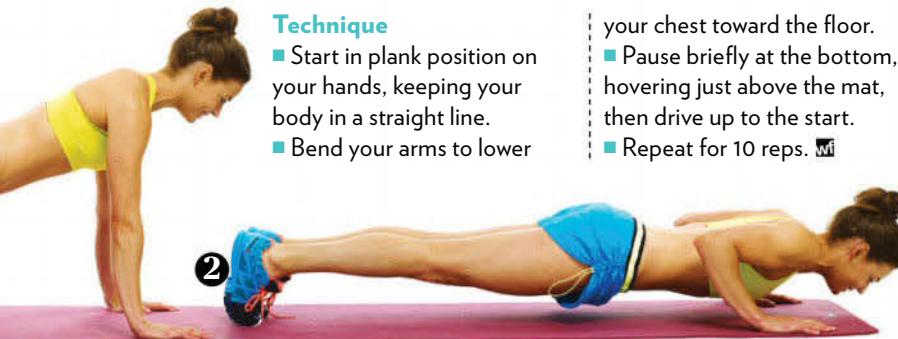
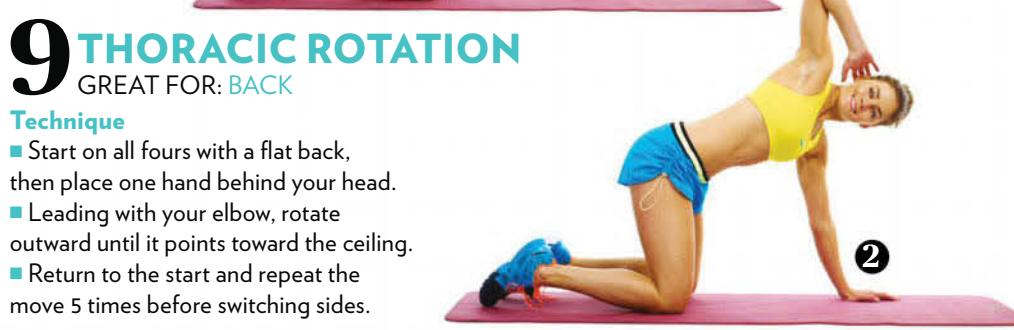
"You'll only see results if you're given progressive overload. In order to see this and track it, you need to see what has been done before. Make notes of reps, sets, rest and weight used for each exercise and aim to progress it somehow in the next workout."

## FIND A GYM BUDDY

"Motivation is always the key. Finding someone else who is like-minded with similar goals to help spur you on in the hard times can really get you through those tough moments and keep you on the right path."

# 10 PUSH-UP GREAT FOR: CH

## 10 GREAT FOR: CHEST, CORE, REAR UPPER ARMS



# BEST for less

Fine-tune your form for a workout with added benefits

## WANT A NEXT-LEVEL BOD?

You don't need a bunch of fancy kit – if you do good exercises with flawless form, it's impossible not to see great results. This workout is made up of the best of the basics – moves you probably do on a regular basis, with equipment you can access in any old gym. But this time, we want you to give it your all.

**HOW TO DO IT:** Don't rush! It's not about how many reps you can bust out, it's about activating every muscle. Perform all the reps for each move, resting for a minute between each one. When you've done all the moves, take a two-minute rest. Repeat this sequence for the allocated sets. And don't be shy – work out in front of a mirror to watch your form.

**YOU'LL NEED:** Bench or step, barbell, kettlebell

Starting out?  
2 x 10 reps  
Need a challenge?  
3 x 10 reps  
Almost pro?  
4 x 10 reps

## 2 PUSH-UP

GREAT FOR: CORE, REAR UPPER ARMS, SHOULDERS

### Technique

- Start in plank position on your hands with your fingertips pointing forward and your hands under your shoulders.
- Bend your arms to carefully lower your chest to the floor, ensuring both elbows bend in line with your body rather than out to the sides.



- Make sure your hips stay in line with your body as you move. Push back up to the start and repeat, staying strong in the shoulders and not allowing your upper back to hunch.



## 1 BENCH PRESS

GREAT FOR: CHEST, REAR UPPER ARMS, SHOULDERS

### Technique

- Lie on a bench on your back with your feet flat on the floor and a natural arch in your back. The barbell should be racked in a position in which you can unrack it safely (low enough to unrack with ease when your elbows are fully extended), otherwise ask a buddy to pass it to you.
- Start at the top of the movement with your arms extended toward the ceiling and the barbell over your chest, not your neck

or face. Your hands should be positioned slightly wider than shoulder-width. Ensure your hands aren't bent back and your wrists are strong underneath the bar.

- Slowly lower the barbell toward your chest, trying not to bend your elbows out too much to the sides – they shouldn't come out further than your hands.
- When the barbell reaches your chest, push it straight back up to the start position and repeat.



## 3 PLANK

GREAT FOR: CORE, SHOULDERS

### Technique

- Start on all fours on the floor, resting on your forearms. Stretch your legs back and rise onto your toes, creating a straight line from shoulders to feet. Your elbows should be directly under your shoulders and your hands should not meet. Your feet

should be hip-width apart.

- Keep your neck long and your tailbone tucked under, so your hips are in line with your torso and your shoulders spread.
- Engage your core and bottom and hold the position for 30, 40 or 45 seconds, depending on your level.



## 4 SQUAT

GREAT FOR: BOTTOM, LEGS, CORE

### Technique

- Start with your feet shoulder-width apart or slightly wider and point your toes slightly outwards if necessary. Bend at the hips and knees to lower yourself towards the ground, pushing your bottom back, as if lowering yourself onto a chair.
- Try to keep your upper body as upright as possible, keeping your shoulders back and your chest up.
- Keep your knees in line with your toes and drop as low as you can without your knees collapsing in or your upper body falling forwards.
- Push up through your heels to the start position in one fluid movement. Repeat.



## 5 LUNGE

GREAT FOR: LEGS, BOTTOM

### Technique

- Start standing with your feet together and your hands resting on your hips.
- Take a large step forward and bend both knees to 90 degrees – stop when your back knee is just above the ground.
- Push up through your front foot to move back to the start position. Your upper body should remain upright throughout. Repeat with the opposite leg forward.

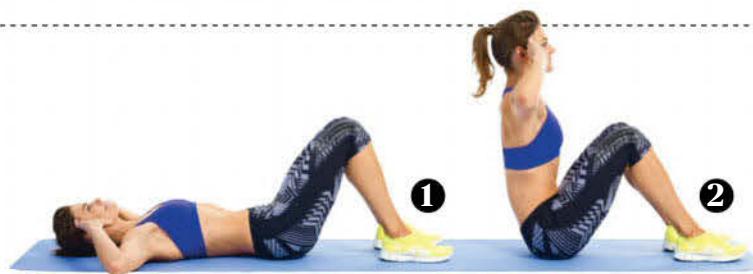


## 6 DEADLIFT

GREAT FOR: BOTTOM, LEGS, LOWER BACK

### Technique

- Stand with a barbell in front of you at around mid-shin height. Hinge at your hips and knees to lower your body to take hold of the barbell. Make sure you're lowering your bottom rather than just folding your upper body.
- Keeping your chest forward and shoulders back while looking straight ahead, push through your legs to straighten up. Allow the barbell to move up toward your thighs and keep your back strong.



## 7 SIT-UP

GREAT FOR: STOMACH

### Technique

- Lie on your back with your legs bent and your feet flat on the floor; your hands by your temples.
- Engage your mid-section to lift your upper body off the floor as

high as you find comfortable, keeping your elbows out to the sides throughout. Take care not to generate any momentum from your upper body or by moving your hips.

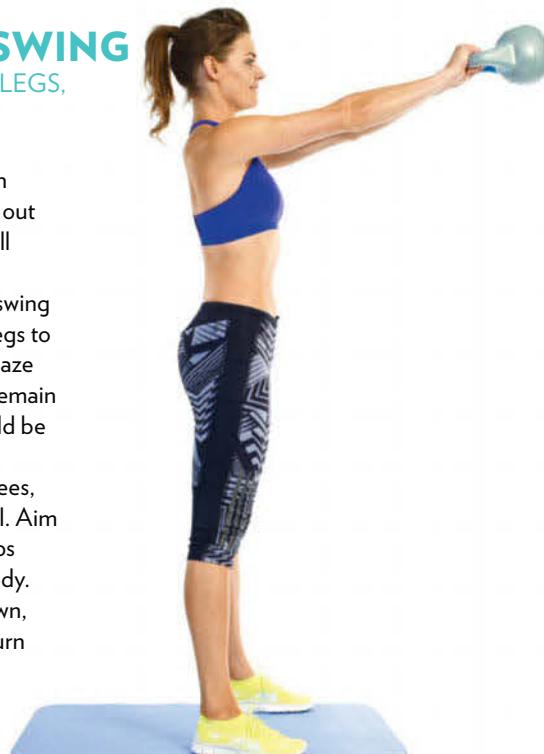
- Lower to the ground and repeat.

## 8 KETTLEBELL SWING

GREAT FOR: BOTTOM, LEGS, STOMACH, SHOULDERS

### Technique

- Standing with your feet hip-width apart and your toes slightly turned out for stability, take hold of a kettlebell by the handle with both hands.
- Hinge at your knees and hips to swing the kettlebell back between your legs to create momentum, keeping your gaze straight ahead. Your arms should remain fully extended and your back should be flat with your shoulders back.
- Quickly extend your hips and knees, driving the kettlebell up to eye level. Aim to push the kettlebell from your hips rather than pull with your upper body.
- As the kettlebell swings back down, bend at your hips and knees to return to the start, swinging straight into another repetition. **Wi**



HOT BODY ON A BUDGET

# Home gym heroes

Setting up your very own workout haven is cheaper than you thought...

SOME THINGS IN LIFE (like private jets, gold facials and a personal entourage) are reserved for the rich and famous – but just because you're a few coins short of buying your own Caribbean island doesn't mean you can't make like a celeb and build yourself a bangin' gym at home. Honest.

Armed with a few trusty essentials and a bit of floor space, you can transform just about any spare room into your very own workout zone and wave goodbye to gym fees and travel time while you're at it. Sold? Here's what you need to do...

## PERFECT YOUR SPACE

If you can't do a jumping lunge without knocking over a lamp or stubbing your toe on the sofa, you might want to rethink your location, says Kirsty Welsh, master trainer graduate from the Australian Institute of Fitness. "When picking a space for your personal gym, it's important to consider how much room you have to move and what kind of surface you're working with," she explains. Floorboards and carpet make for the perfect foundation (tiles aren't all that great for dropping weights or kneeling on), but if your chosen room doesn't have a user-friendly floor, Welsh recommends covering it with an old rug to prevent any damage to your home – and your knees.

Don't have a spare room handy for your workout zone? No problem. "Some of the best places for a permanent home gym are the garage or a covered outdoor space," says WF PT Libby Babet. "If that's not an option, choose a room in your house where you can easily move furniture around



and grab a decorative storage box to stash all your equipment in," she adds.

Before you seal the deal on your workout space, take time to add a few personal touches, starting with speakers to blast killer tunes. "Music is incredibly motivating. It's been scientifically proven that a good beat can help us train harder for longer, so treat yourself to a pair of portable speakers to power up your workouts," says Welsh. While you're at it, boost the inspo factor in your at-home

gym by hanging a small whiteboard where you can write out affirmations and track your progress.

**BAG IT:**  
Logitech X100 bluetooth speaker, \$49, [jbhifi.com.au](http://jbhifi.com.au); Kmart blue-dipped basket, \$19, [kmart.com.au](http://kmart.com.au)



## Essential fit kit

Once you've scoped out the perfect location, it's time to kit out your gym with these PT-approved buys



### SKIPPING ROPE

When it comes to budget-friendly cardio equipment, you can't go past a skipping rope. "You can pick one up for five bucks or less and it'll give you a seriously good cardio workout," says Babet.

**WF loves:** Kmart speed rope, \$3, kmart.com.au



### FOAM ROLLER

Showing your muscles a little TLC will speed up recovery, Welsh tips, so after your workout (or whenever you're feeling tight), roll your bod over this nifty device to soothe out kinks and melt away tension.

**WF loves:** Target foam roller, \$15, target.com.au



### KETTLEBELL

This gym staple can give you a full-body workout. "Doing something as simple as a kettlebell swing can provide you with a cardio sesh, and also tone your butt and hamstrings," says Welsh.

**WF loves:** Target 2kg kettlebell, \$10, target.com.au



### YOGA MAT

Call us crazy, but the idea of pumping out bicycle crunches on a cold, hard floor doesn't sound that appealing. For comfort, slide an exercise mat under your bod during core work and stretching.

**WF loves:** Kmart mat, \$4, kmart.com.au



### DUMBBELLS

"Dumbbells are the perfect toning weapon because of their versatility," says Babet. "Start with a 2kg pair and a 4kg pair so you can use them for cardio and weights workouts."

**WF loves:** Kmart dumbbells, from \$5 each, kmart.com.au

### MORE FOR LESS

Forget investing in a treadmill or bike machine – advises Babet, "When you need a cardio hit, head outdoors for a run." Oh, and think a pull-up bar is worth your pennies? Consider a **TRX Suspension Trainer**, \$258\*, [trxtraining.com](http://trxtraining.com), instead.

"It can be used for everything from chin-ups to lunges," she adds.



## Try it at home

If you're not quite sure how to put your new gym buys to good use, give Libby Babet's home circuit a try

### YOU'LL NEED:

2 x dumbbells, skipping rope, exercise mat, kettlebell **TECHNIQUE:** Complete as many reps of one exercise as you can in 60 seconds, rest for another 60 seconds, then move on to the next exercise, and so on. Finish your workout with two minutes of skipping.

- Push-ups
- Lunge jumps
- Dumbbell squats
- Burpees
- High knees
- Dumbbell plank row
- Kettlebell swings

## RETRO REBOOT

Bring your pre-loved fitness gear out of retirement and get sweaty with these workout tweaks



### The Swiss ball

The humble Swiss ball is your express ticket to a tighter tum. How? Since your muscles have to work harder to stabilise your bod on a rocky surface, doing a regular plank or superman while leaning on this ball will turbocharge the move.

**WF loves:** Target gym ball, \$12, target.com.au

### The resistance band

Don't have access to a pull-up bar? "Hook your resistance band around a beam or table leg, then pull," instructs Welsh. "In a gym, the bar would always be above your head, so lay down if you have to!"

**WF loves:** Kmart stretch bands, \$8, kmart.com.au

### The weighted medicine ball

This will make your workout tougher by testing your balance. Try passing a med ball from one hand to the other while you plank or use it to give your Russian twists extra oomph.

**WF loves:** Lifespan Fitness medicine ball, \$25, [lifespanfitness.com.au](http://lifespanfitness.com.au)

HOT BODY ON A BUDGET

# Expert advice,

## IT'S A CLICHÉ THAT WE WHOLEHEARTEDLY ENDORSE:

the best things in life are free. Think outdoor workouts (runs in nature are the bomb), laughter (nothing's better at lifting your mood) and these little gems of expert advice. This month, our fave fit bodies have offered up their top tip for you to cash in on. You can keep the change!



## Buddy up

"Don't underestimate the value of a training partner. The most common reason people lose interest while trying to kick-start a new fitness routine is lack of motivation or accountability.

As a PT, I see the benefits of partner training. It creates a fun and competitive environment, plus it also works out to be more cost effective than one-on-one training. Just make sure you select the right partner! Gym buddy break-ups can be tough."

Dan Adair, personal trainer

@danjadair



## Beat your comfort zone

"I'm amazed at how many people still do the same workout they were doing six to 12 months ago. If you want results, you should be progressing fortnightly – if not weekly! We are programmed to take the 'comfortable' option. So, do the opposite of what everyone else in the gym is doing. Try jumping on the rower or versa climbers instead of the crowded cross trainers and bikes."

Blake Worrall-Thompson,  
WFPT and wellness coach

@wellbeingbyblake



## Eat, move, love daily

**"Cultivate a positive mindset by moving your body daily, doing something you love, eating delicious whole foods and getting a good night's rest. Consistency is key."**

Donna Adams, certified instructor at The Barre Studio

@thebarrestudio

# zero price

Some things money just can't buy – including these priceless pearls of workout wisdom

## Make it a priority

"As a trainer, sometimes I find it hard to fit in my own workouts! So, I schedule my training sessions in my diary and make them non-negotiable. I aim for three workouts per week to keep me accountable. And when I get them in, I'm less stressed, more energised and have a better overall routine – everything else is higher quality because of it!"

**Steph Prem, WF Pilates expert**

 @stephieprem



## Find your real purpose

"Make sure there's method to your madness. Having a big sweat session always feels great, but what motivates you to train harder or keep focused? The best way, I find, is to train with an objective. Know why you're doing those particular exercises, distances or speeds.

Finding a purpose will ensure your workouts are engaging and satisfying. Write down your goals and work from there."

**Andrew Papadopoulos, IsoWhey sports ambassador and owner of Battle Fit Australia**

 @andrew\_pap\_

## Remember the feels

**"Each time you finish off a workout, remember how good you feel - that feeling will keep you coming back for more. This, in turn, creates a routine and lifestyle."**

**Lauren Hannaford, personal trainer and former elite gymnast**

 @lozhannaford

## Try the hard stuff



"My favourite move is pull-ups. Usually when I tell people that, they look confused! My logic is if you make the hardest moves your faves, then most other exercises seem okay – it's a mental trick. Think: What's the worst that can happen? The only real failure is in not trying at all. Instead of fearing exercises that are challenging, make it your goal to get better at them, one rep at a time. The confidence you gain along the way will leave you eager to attack the next hard move."

**Kirsty Godso, Nike Master Trainer for Nike+ Training Club app (free, iTunes and Google Play)**

 @kirstygodso

## Keep your options open

"Take a humble approach to exercise. Everyone thinks they're an expert in an area, but there are so many different ways you can do things. No one is wrong or right – everyone has different bodies and experiences. It's not 'one way or the highway'. Keep an open mind, rather than trying one thing, finding it doesn't work, then giving up."

**Michael Cunico, national personal training manager at Fitness First**

 @michaelcunico

## Add some sparkle

"If you ask me, there's nothing worse than churning out yet another set of squats. I add a little sparkle to my workouts by theming them. If you walk into a 45-minute circuit, that's just fitness. But if you change the scene and turn up for 'Beyoncé's Booty Maker' and learn new movement patterns, suddenly it's completely different. By taking the time to come up with unique workouts, your fitness journey becomes a playful experience that you won't want to give up on."

**Libby Babet, WF PT**  @libbybabet



**HOT BODY ON A BUDGET**

# Barre NONE

Before you hit the ballet barre for real (and spend your hard-earned dollars!) try this taster workout at home

#### A LITTLE TASTE OF EVERYTHING IS ESSENTIAL

If you want to find your fitness BFF, but all that sampling can be a pricey experiment. If you like the sound of a ballet-inspired workout and the benefits that come with (think a lean dancer's body, killer core strength and graceful coordination), but would rather try before you buy, we've got you covered.

It's not just about parting with cash for a workout you're not even sure you'll like – dance-based classes tend to scare the leotards off anyone other than prima ballerinas with their talk of pliés, chassés and jetés. Drumroll, please, for our handy solution: a totally free barre workout you can try at home.

Doing this workout in the privacy of your living room will help you build confidence before you hit the studio, so you can work out if a barre class is the one for you. Best of all, it costs the grand total of zilch! Now that's what we call a sweet nothing.

**HOW TO DO IT:** Perform all the reps for each move in a circuit. Rest for a minute, then repeat for your allotted sets.

**YOU'LL  
NEED:**  
Resistance band, chair

**Starting out?**  
2 x 10 reps  
**Need a challenge?**  
2 x 15 reps  
**Almost pro?**  
5 x 20 reps

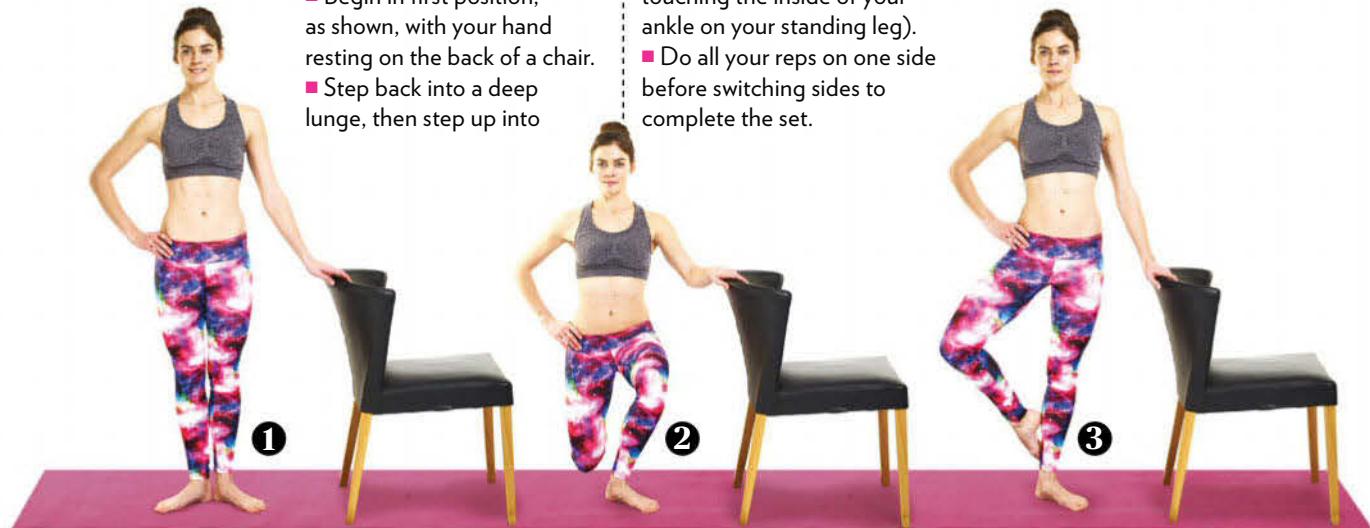
# 1 BALLET LUNGE

GREAT FOR: THIGHS, BOTTOM

**Technique**

- Begin in first position, as shown, with your hand resting on the back of a chair.
- Step back into a deep lunge, then step up into

- a coupé position (toes touching the inside of your ankle on your standing leg).
- Do all your reps on one side before switching sides to complete the set.



# 2 WAIST CINCHER

GREAT FOR: SIDES OF STOMACH

**Technique**

- Sitting on the floor with knees bent, engage your abs and recline your upper body to an angle 45 degrees from the

- floor. Extend your arms in front of you in a low ballet first position, as shown.
- Twist to one side, then the other to complete one rep.



Lift your feet off the floor for an extra challenge

Make sure your back stays flat and hips level

# 3 GLUTEAL KICK-BACK

GREAT FOR: CORE, BOTTOM

**Technique**

- Start on your hands and knees. With power, but control, sweep one leg back until your bottom muscles

- contract. Hold briefly before lowering your knee back down and repeat.
- Perform your reps on one leg before switching sides to complete the set. ➤



# See you at the barre

Like what you tried? Hit up one of these classes...

## \*BOOTY BARRE

at The Barre Studio (Sydney)

Drawing on yoga, Pilates and dance, this class mixes up cardio intervals with strengthening barre work for a full-body workout.

[thebarre  
studio.com.au](http://thebarrestudio.com.au)

## \*BARRE BODY

at Barre Body (Sydney and Melbourne)

A clever combo of vinyasa yoga moves, interval training and isometric movements with hand weights help to reshape your body.

[barrebody.com.au](http://barrebody.com.au)

## \*XTEND BARRE

studios nationwide

This workout has been franchised worldwide, for good reason – it works! A mix of dance, Pilates and ballet, it aims to up your flexibility, core strength and balance.

[xtendbarre.com](http://xtendbarre.com)

## \*LIVE BARRE

at Live Fitness and Health (Perth)

Leave the tutus at home for this fun, high-energy dance class at the barre. It uses balls, weights and resistance bands to tone all over.

[livefitnessand  
health.com.au](http://livefitnessandhealth.com.au)



## 4 SEATED THIGH SQUEEZE

GREAT FOR: THIGHS

### Technique

- Bend your knees to a 90-degree angle and press your back against a wall, engaging your core muscles, as if you were sitting on a chair.
- Squeeze your knees together. Repeat. Each squeeze is one rep.



## 5 STANDING SPLIT

GREAT FOR: CORE, BOTTOM

### Technique

- Start standing up straight, then step one foot forward and lean over to touch the floor in front of your foot for stability.

- Lift your rear leg high and perform small pulsing movements upwards.
- Complete all your reps on one leg before switching sides to complete the set.



*Focus on keeping each movement controlled*



## 6 HIP LIFT AND PLIÉ REACH-THROUGH

GREAT FOR: STOMACH, LEGS

### Technique

- Lie on your back, with knees bent. Engage and flatten your stomach muscles, then lift both legs straight over your hips, aiming to keep your legs straight.
- Support your head with both hands and keep your chin lifted from your chest. Working from the deep, low abdominals

(around your navel), lift your hips just off the floor, lower back down and then plié your legs into a wide (but supported) second position. As you open your legs, lift through the stomach muscles to bring your head and shoulders off the floor.

■ Repeat the hip lift, plié and upper body lift each time.



## 7 EXHALE PLANK

GREAT FOR: CORE, LEGS

### Technique

- Start in plank position on your forearms with your body in a straight line.
- Tap one knee on the floor without

dropping your plank, then return to the start position and repeat with the opposite knee to complete one rep. Tap both knees simultaneously if this is too easy.



## 8 UPPER ARM TIGHTENERS AND PLIÉ

GREAT FOR: REAR UPPER ARMS, THIGHS

### Technique

- Start with one foot in front of the other, a few inches apart with toes turned out. Step the heel of your rear foot onto a resistance band, holding the ends of the band in both hands behind your head.
- Perform deep demi-pointe pliés by bending your knees outward. Keep your torso upright as you extend your arms up toward the ceiling and lower as you plié.



We're shining  
the spotlight  
on the killer  
workout celebs  
swear by

# Star POWER

**WHEN IT'S YOUR JOB TO LOOK HOT IN HIGH DEFINITION,** you need a workout you can rely on. For celebs like Scarlett Johansson, Halle Berry and Jessica Alba, that workout is US trainer Ramona Braganza's 3-2-1 Training Method.

The good news for those of us with a leading role in everyday life is, this workout is quick, flexible and effective. The 3-2-1 method mixes three cardio intervals with two strength circuits and finishes with one core blast. The kicker? You'll do the moves at a fast pace, which makes this a high-intensity workout for any fitness level. Give it a go three times a week and we reckon you'll be ready for your close-up in no time.

**YOU'LL NEED:** 2 x dumbbells, barbell, bench or step

## Cardio move

### 1 SPRAWL

GREAT FOR: THIGHS, BOTTOM, CORE, SHOULDERS

#### Technique

- Start in a crouched position with your hands flat on the floor.
- Jump your feet back and apart. Then sprawl on the floor by bending your

#### STARTING OUT?

##### Cardio move:

90 seconds

##### Strength circuit:

20 reps each move

##### Core move:

90 seconds

#### NEED A CHALLENGE?

##### Cardio move:

2 minutes

##### Strength circuit:

2 x 20 reps each move

##### Core move:

2 minutes

#### ALMOST PRO?

##### Cardio move:

2 minutes

##### Strength circuit:

3 x 20 reps each move

##### Core move:

2 minutes

Move fluidly into the next repetition to keep your heart rate up

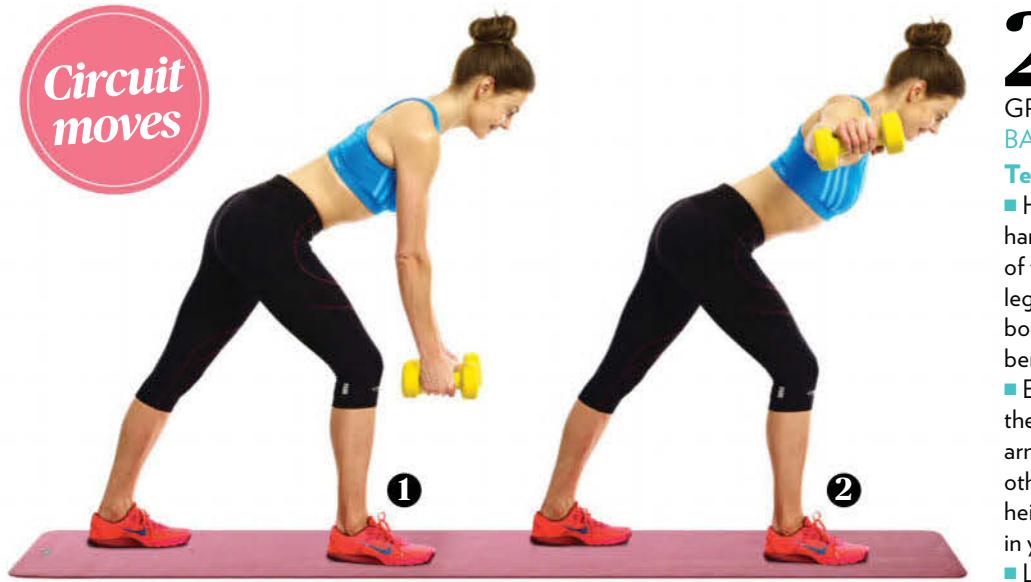
## Circuit moves

### 2 REVERSE FLY

GREAT FOR: UPPER BACK, SHOULDERS

#### Technique

- Hold a dumbbell in each hand. Place one foot in front of the other, with your front leg bent. Let your upper body lean forward slightly, bending at the hips.
- Extend your arms toward the floor, then raise both arms up and away from each other to around shoulder height, keeping a slight bend in your elbows throughout.
- Lower and repeat. >





### 3 STEP-UP WITH DUMBBELL CURL

GREAT FOR: LEGS, BOTTOM, UPPER ARMS

#### Technique

- Hold a dumbbell in each hand with your right foot resting on a bench or step in front of you.
- As you step up, curl the dumbbells up to your shoulders. Bring your left foot to meet your right

foot on the step.

- Slowly lower the dumbbells as you step back down to the floor with your left leg.
- Perform the allocated reps on one side, then the other, to complete one full set.



### 5 SIDE LUNGE WITH SHOULDER PRESS

GREAT FOR: INNER THIGHS, BOTTOM, SHOULDERS, UPPER ARMS

#### Technique

- Start with your feet together holding a dumbbell in each hand by your shoulders.
- Take a step out to the left, bending your left knee and keeping your right leg straight. At the same time, press the

dumbbells up overhead.

- Push off your bent leg to return to the starting position as you lower the dumbbells slowly back to your shoulders.
- Perform all your allocated reps on one side, then the other, to complete a full set.



### 4 DEADLIFT

GREAT FOR: LOWER BACK, BOTTOM, THIGHS

#### Technique

- Push your hips back and bend your legs to take hold of a barbell on the floor.

- Push your heels into the floor and extend your legs and hips to stand straight.
- Lower and repeat.





## 6 MOUNTAIN CLIMBER

GREAT FOR: THIGHS, CORE, SHOULDERS

### Technique

- Start in plank position on your toes, and bring your left foot up to the outside of your left hand, letting your hips drop slightly. Keep your back leg straight and front leg bent.

- Engage your core and jump to switch sides so that your left leg is straight and your right leg is bent with your foot just outside your right hand.
- Continue jumping to alternate your leg position for each repetition.



## 7 TRICEP DIP

GREAT FOR: REAR UPPER ARMS, SHOULDERS

### Technique

- Place your hands on a chair behind you with your fingers forward, legs out in front of you and feet on the floor.
- Slowly bend your arms to lower your bottom as far as you can – your elbows should be at 90 degrees.
- Push back up to the starting position and repeat.

## Think great, feel great

Part of Ramona Braganza's fitness philosophy is taking a mindful approach to wellbeing. Team your workouts with these pointers for a hot body and happy mind.

### \*TREAT YOURSELF

Forget strict diets banning carbs, sugar, fat and fun – Braganza believes in eating a balanced diet and recommends the 80/20 approach. That means eating healthy, energising meals 80 per cent of the time and allowing yourself to indulge 20 per cent of the time in "soul foods" – the stuff you love.

### \*REST UP

Make room for rest in your schedule, to allow your body to recover and improve. "Most of my clients are actors and are very driven and they tend to not take a rest day," Braganza says. "Rest days are important for building muscle tissue that's torn during strength training."

### \*MIX AND MATCH

It's not all about slaying kilojoules in the gym – Braganza also runs retreats in exotic locations where she mixes yoga and meditation with her signature workouts. Follow her lead by adding these zen rituals to your regular routine.

## Core move

## 8 WEIGHTED SIT-UP

GREAT FOR: STOMACH, SHOULDERS

### Technique

- Lie on the floor with one leg bent and one straight. Hold a dumbbell with arms extended.
- Engage your abs and sit up,

aiming to touch the foot of your straight leg.

- Return to the starting position and repeat. Switch legs halfway through the set. □



# WEIGH IT UP

Want to ace the weights? We asked the experts for their secrets to lifting like a pro. One sculpted bod, coming up...

## YOU CAN'T SWING A KETTLEBELL WITHOUT

bumping into a fitness guru talking up the benefits of weight training. The thing is, they're right – and it seems the heavier your weights, the better.

Pumping more iron won't give you the puffed-up biceps of a bodybuilder or the eye-popping legs of a power lifter overnight – that takes years of focused training, not to mention gaining a serious amount of nutritional know-how. What it can do is give you a lean body, stronger muscles and bones, a faster metabolism and an unexpected edge in family hand-wrestling competitions.

In fact, heavy strength training is so effective at speeding up your metabolism that data in the journal *Medicine & Science in Sports & Exercise* shows women burn nearly twice as many kJs after lifting heavy weights (85 per cent of their maximum load) than they do after working with light weights (45 per cent of max load).

Want in? It's not all about adding extra weight to your bar or opting for oversized kettlebells – from embracing cheat days to booty-sculpting moves, there's a world of weighty training secrets that will supercharge your results. We spoke to some of the strongest women in the fit biz, and this is what we discovered...

## PRO SECRET: TRAIN IN SUPERSETS

Got a few burgers you'd like to burn? Step away from the treadmill (its kilojoule counter isn't reliable anyway) and head to

the weights room for a superset session.

"If shaping up is your goal, the best way to blast kilojoules while building a lean body is to lift weights in supersets," says world fitness champion Sarah Donohue. "Superset training involves moving from one exercise to another move that works an opposing muscle group, without resting in between. The lack of rest ensures your heart rate stays revved up."

So, you might start with a set of bicep curls, then move on to tricep extensions, without resting in between the two moves. Keen to give it a go? Ask a trainer at your gym for help planning a superset session.

## PRO SECRET: EVERY DAY IS LEG DAY

Guys might have 'leg days', but ladies? Leg-focused exercises should be on your everyday to-do list – especially if you have dreams of winning rear of the year. "My favourite saying is 'every day is leg day' because lower-body moves are a must-do," says competitive bodybuilder Debbie Fleming. "Squatting is the only way to get those Brazilian butt proportions, and it's not a simple exercise. Avoid back and neck injuries by starting with a leg-press machine to take the load off your upper body."

When you're ready to give the back squat a go (that's the kind of squat you do with a barbell across your upper back), start by placing your heels on a plank of wood or two weight plates. "This will tip your knees forward and keep your back extended," explains Fleming. "Focus on the ceiling so you stay upright."



## PRO SECRET: YOU CAN HAVE A CHEAT DAY

It might be hard to believe when you're staring right at their bronzed, rock-hard abs, but the super-toned of the world have food blowouts, too. They just keep it controlled. "Virtually all fitness professionals have what's called a 'cheat day,'" says Donohue. "They stick rigorously to their healthy diet and training regimen all of the time, except for one day a week. On that day, the diet rules are thrown out the window and they let their hair down by eating and drinking whatever they fancy."

Sounds indulgent but there's logic behind it – by having a little bit of what you're craving, you don't feel deprived of your favourite food because you know you have that delicious day to look forward to. "And there's a silver lining – the kilojoules you consume on the cheat



**Inspired to pick up the barbell?** Don't be daunted by the open weights room.

Turn the page for two smart resistance circuits that you can take to the gym... 

day help to kick-start your metabolism again," explains Donohue.

You might even find that just one big meal is enough, and that your favourite 'cheat' foods get healthier as you do.

## PRO SECRET: JUST SHOW UP

One thing the fit pros know for sure is even a little bit of exercise is better than none at all. If you're not feeling it, aim small but don't scrap your workout plans altogether. "Any workout is better than no workout," says weight training PT Nicole Attrill. "With the stresses of modern life,

it's easy to think, 'Forget the workout; I'm going home!' But even a five-minute weights circuit will boost results and give you an endorphin release that makes you feel so much better than not doing anything at all."

Got a hard session scheduled? It's okay to change the plan and not train for the full hour. "It's important to listen to your body and measure what you're doing on that day – some days you'll feel strong and ready to lift heavy weights; other days you'll feel like lifting lower weights for more repetitions. Go with how you feel and your body will thank you for it," Attrill says.

## PRO SECRET: WALK BEFORE BREKKIE

Yes, weights are great, but they're not the only workout worth pulling on your sneakers for. Former weightlifting champion Non Evans has a gentle exercise tip to start your day right. "Go for a brisk walk before breakfast," she says. "Exercising on an empty stomach encourages your body to tap into fat stores. Then, as soon as you get home, eat plenty of protein and carbs."

A nice stroll followed by bacon and eggs? We won't argue with that! 

# Resistance, REVAMPED

Next time you hit the weights room, take this fresh workout with you

**GOT A CASE OF WORKOUT DÉJÀ VU?** Time to nix it. To keep your body challenged you need to shake it up, and this clever weights routine fits the bill.

It's different to your usual resistance sesh because it uses a pyramid format designed to amp up your fat burn and wake up your muscle fibres. You'll use light and heavy weights to keep your body guessing and give your endurance a boost.

**HOW TO DO IT:** There are two circuits. Pick one and do it in sets of 50 reps, then 40 reps, 30 reps, 20 reps and finally 10 reps

for one move, increasing the weight used for each set – remember to start with light weights! Reverse this process by performing sets of 10 reps, then 20 reps, 30 reps, 40 reps and finally 50 reps, taking the weights back down with each set. When you're finished, go onto the next move. Rest for 45 seconds between each set. Complete both circuits once a week for best results.

**YOU'LL NEED:** 2 x dumbbells, kettlebell, step or bench, barbell

## Circuit one

### 1 FLAT DUMBBELL PRESS

**GREAT FOR:** CHEST, REAR UPPER ARMS

#### Technique

- Lie on your back on a bench with elbows bent and a dumbbell in each hand, just to the sides of your chest.
- Use your chest to push both dumbbells toward the ceiling.
- Hold, then slowly lower and repeat.



### 3 OVERHEAD DUMBBELL EXTENSION

**GREAT FOR:** REAR UPPER ARMS

#### Technique

- Stand up straight, holding a dumbbell with both hands overhead. Keeping your upper arms still and elbows in, lower the dumbbell behind your head.
- Extend your arms back to the start position and repeat.

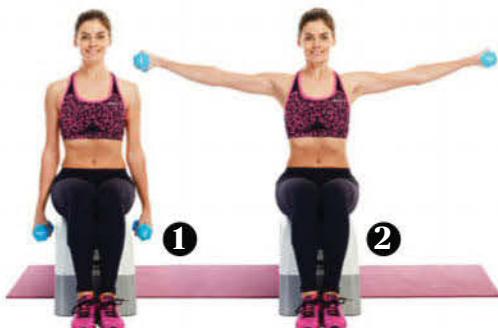


### 4 SEATED SIDE LATERAL RAISE

**GREAT FOR:** SHOULDERS

#### Technique

- Sit on a bench and hold a dumbbell in each hand, arms by your sides, palms facing your body.
- Raise the dumbbells to shoulder-height, pause, then lower and repeat.



### 2 HAMMER CURL

**GREAT FOR:** FRONT UPPER ARMS

#### Technique

- Hold a dumbbell in each hand by your sides, palms facing your body.
- Keeping your palms facing each other and your upper arms still, curl the dumbbells toward your shoulders.
- Slowly lower and repeat.

## Circuit two

### 1 STRAIGHT- LEG DEADLIFT

GREAT FOR: BACK, REAR THIGHS, BOTTOM, CALVES

#### Technique

- Stand with feet hip-width apart, holding a barbell in front of your body with your arms extended.
- Keeping your knees soft but legs straight,

- hinge your hips to lower the barbell to the floor.
- Push through your heels to stand up straight again, keeping the barbell close to your body as you move. Repeat.



Check your form – is your back flat as you lower?



### 2 CALF RAISE

GREAT FOR: CALVES

#### Technique

- Hold a dumbbell in each hand with your arms by your sides and your feet together.
- Rise onto your toes and hold for a second. Lower and repeat.

### 3 WEIGHTED CRUNCH

GREAT FOR: STOMACH

#### Technique

- Lie on your back with your feet flat on the floor and your knees bent, holding a kettlebell to your chest.
- Lift your shoulders and upper back off the floor.
- Hold for a second then lower and repeat the exercise.

You could use a kettlebell, plate or dumbbell for this



### 4 BOX SQUAT

GREAT FOR: BOTTOM, THIGHS

#### Technique

- Stand in front of a box or step.
- Bend at your knees and hips to lower your bottom into a deep squat. When it's almost touching the box, push back up to the start and repeat.

Keep your shoulders back and chest up



1

2

# Test your FITNESS

Want to know if all those HIIT sessions and weekend runs are paying off? Time to put your fitness to the test

## YOU HIT THE GYM ON THE REG,

bust out a few yoga sessions every week and pretty much aced that fun run last year. Yeah, you're awesome – but wouldn't it be good to know exactly how fit you are?

Testing your fitness isn't about finding out your stats so you can flaunt them on Facebook – it's about smashing your goals. Taking stock of where you're at allows you to track your progress and will give you an idea of any weaknesses that may affect your progress or make you susceptible to injury. Adapting and progressing your training means you're constantly seeing results.

The key is to resist comparing your results with others and use your previous efforts for motivation. A good guideline is to commit to an eight-week testing cycle, as this allows enough time for your body to improve – and it'll remind you to keep shaking things up so you avoid a plateau.

Ready to check up on yourself? We've rounded up the tests you need to measure the key areas of fitness. Knowledge is power!



## Cardio

There are a couple of ways you can test your cardio prowess – either with a maximal test, which requires all-out effort, or a submaximal test, where you work at a lower intensity and estimate your peak potential.

### STEP TEST

This quick and easy assessment is ideal for any fitness level and will give you a basic benchmark. You need a step, about 50cm high, and a stopwatch. Your challenge is to step up and down at a rate of 30 steps per minute for 3 minutes. At the 3-minute mark, sit down, wait 10 seconds and then record your pulse for 1 minute. Check your result against the table below:

<b>EXCELLENT:</b>	Less than 73 bpm
<b>GOOD:</b>	74-90 bpm
<b>AVERAGE:</b>	91-100 bpm
<b>FAIR:</b>	101-114 bpm
<b>POOR:</b>	More than 115 bpm

### BEEP TEST

If you're a cardio queen, give this classic test a go. You need a flat space with two markers set 20m apart and a beep test app. The rules are simple: run between the markers, timing your pace to turn when you hear the beep, which gradually comes sooner and sooner, requiring you to increase your pace. Keep going until you can't keep up with the beeps! Then compare your score with these ratings:

<b>EXCELLENT:</b>	Greater than 12
<b>GOOD:</b>	10-12
<b>AVERAGE:</b>	8-10
<b>FAIR:</b>	6-8
<b>POOR:</b>	4-6

**WANT TO IMPROVE?** Get your heart pumping! By doing regular cardio, your heart will be able to pump more blood around your body. You'll then be able to handle higher exercise intensities without your pulse going off the charts.

## Strength

There are two different measures of strength here: maximal strength and endurance strength. Here's how to get your scores...

### ONE-REPETITION MAXIMUM

This indicates how much weight you can lift in a single effort and should be done on both the chest press and leg press machines in the gym to give a balanced assessment of different muscle groups. It's important to warm up with five minutes of cardio and a few practice reps using a light weight. Now, estimate a weight near to the heaviest load you can manage and perform one repetition. Rest for 5 minutes and repeat with a heavier weight and continue this process until you find a weight that you can't lift. The previous successful lift is your score and, since there are no specific ratings, it's all about beating this the next time you do it.

### PUSH-UP TEST

The good old push-up is the perfect way to assess your muscular endurance. Get into the push-up position with only your hands and feet on the ground (or do it on your knees). One rep is counted as lowering your chest close to the ground and pushing back up. Remember to keep your body in a straight line. Do as many continuous push-ups as possible until you can't go on, comparing your score with the below:

**EXCELLENT:** More than 36

**GOOD:** 30-36

**ABOVE AVERAGE:** 23-29

**AVERAGE:** 12-22

**BELOW AVERAGE:** 7-11

**POOR:** 2-6

## Flexibility

Often overlooked when it comes to fitness, flexibility is a key player in keeping you safe from injury.

### SIT AND REACH TEST

Sit on the floor with your legs extended straight out in front of you, feet hip-width apart and a tape measure placed between your feet. With one hand on top of the other, middle fingers directly in line, inhale. Then, as you exhale, reach forward towards your feet by bending at your hips, without bouncing. Ensure your legs remain straight and stretch to the point of mild tension in your lower back and rear thighs. Take the best of three readings, recording how far down the tape measure you can reach each time and counting the imaginary line at your feet as zero.

**EXCELLENT:** More than 21cm

**GOOD:** 11-20cm

**AVERAGE:** 1-10cm

**FAIR:** 7-0cm

**POOR:** Less than -7cm

**WANT TO IMPROVE?** Try static stretching to boost your flexibility, holding each stretch at the point of mild tension for 30 seconds. Regular yoga is also a good way to get bendy.

**"Resist comparing your results with others and use your previous efforts for motivation"**

## Body composition

**Fun fact:** measuring weight alone as an indicator of your progress is totally misleading, as muscle tissue is more dense than body fat. So the key is to assess how much of your 'weight' is fat and then set a target to reduce this.

### WAIST TO HIP RATIO

This is a good way to estimate your body fat levels, but be warned, if you have a very athletic physique with narrow hips, the test could be skewed, indicating you're too lean. The waist measurement is taken at the belly button, as it'll definitely be in the same place on the re-test, and the second is taken at the largest point

of circumference around your hips and bottom, standing with your feet together. Divide your waist measurement by your hip measurement and compare your number with these scores:

**OVERWEIGHT:** Greater than 0.8

**NORMAL:** 0.65-0.8

**VERY LEAN:** Less than 0.65

**WANT TO IMPROVE?** The key to changing your body composition is reducing your kilojoule intake and boosting your workout intensity. Increasing your lean body mass through strength training will also make a difference. **Wi**

# TABATA

## *with a twist*

What happens when high-intensity training and yoga meet? A super-smart workout for your body *and* mind

### WE'RE ALL ABOUT

**FUSION FOOD** so why not blended workouts? It might sound a little weird, but a mash-up of two unlikely fitness friends could equal a hotter and happier you.

This workout mixes high-intensity interval training with yoga stretches to deliver a fat-burning workout with flexibility and focus. It kicks off with a yoga sun salutation to warm up your muscles and joints, then powers up into an explosive Tabata sequence of body weight moves. You'll take it down a notch with yoga stretches – just what you need to bring your heart rate back to normal and focus your mind.

And, like all the best unions, it comes with a catchy name – you can call this one Taboga!

**HOW TO DO IT:** Perform the complete sun salutation three times through to warm up. Then, move onto the Tabata section, smashing out each move for 20 seconds, followed by 10 seconds' rest (do eight rounds of each exercise before moving onto the next). For the yoga sequence, stay in each position, holding the stretch, for 2 minutes on each side.



# Warm-up

## Sun salutation with twist

- Inhale. Bring your hands into prayer position at your chest, then push up to the ceiling.
- Exhale. Bend forwards, then reach toward the floor. Bend your knees if it's more comfortable.
- Inhale. Rise up to look forward with a flat back.
- Exhale. Rest your hands on the floor, then step or jump back to plank position and lower your chest to the floor (knees can be on the floor, but make sure your arms hug your sides).
- Inhale. Sweep your chest forward and push up into cobra pose.
- Exhale. Draw your bottom to your heels, tuck your toes under, then extend your legs into downward dog.
- Inhale. Step your right foot through your hands, push your left hand into the mat and lift your right hand up to the ceiling, keeping your hips level.
- Exhale. Bring your right hand to the mat and step into downward dog.
- Inhale. Step your left foot through your hands, push your right hand into the mat and lift your left hand.
- Exhale. Bring your left hand back to the mat, step into downward dog.
- Inhale. Step or jump your feet to your hands and look forward.
- Exhale. Bend into a forward fold.
- Inhale. Bring your hands to prayer, then up to the ceiling.
- Exhale. Release your arms down.

# Tabata moves

## 1 PLANK TWIST

GREAT FOR: STOMACH, CHEST, BACK

### Technique

- Start in plank position, on your hands with your core engaged and body in a straight line.
- Lift your right hand up to the ceiling, extending your arm as

you look up to your hand.

- Bring your hand back to the floor and repeat on the opposite side.
- To make this harder, increase the speed and add a push-up in between arm-raises.



Keep the balls  
of your feet  
on the floor  
throughout

## 2 PLANK HOLD TO SQUAT

GREAT FOR: STOMACH, SHOULDERS, CHEST, BOTTOM, HIPS

### Technique

- Start in plank position, with your core engaged, back straight and your shoulders directly over your hands.
- Jump both feet forward to the outside of your hands.

- Move your body into a squat position, with your feet wider than hip-distance apart. Turn your feet out slightly to the sides, with your knees sitting over the second and third toes.
- Jump back to plank and repeat. ▶

Start slowly  
then speed up  
as you get the  
hang of it



### 3 LUNGE SWITCH

GREAT FOR: THIGHS, BOTTOM, CALVES, STOMACH, HIPS

#### Technique

- Start in a wide lunge with your right leg forward and knee directly over your heel. Your left leg is back, with your weight resting on the ball of your foot.

- Jump and switch legs. Repeat this move at speed.
- To make it harder, make the switches faster and jump higher. Make sure you maintain the depth of the movement throughout.



### 4 PUSH-UP

GREAT FOR: CHEST, UPPER ARMS, STOMACH

#### Technique

- Start in plank position on your hands, with your core engaged.
- You can choose an open grip (hands wider than shoulders, elbows over wrists) or a close grip (hands under shoulders, elbows close to your body to target your triceps). If it's more comfortable, start on your knees and build up to extending

your legs out behind you.

- Lower down, bending your arms until your shoulders are in line with your elbows, then push back up to the start position.
- If you want to make it harder, speed up the movement and add an explosive element by clapping your hands as you push upward.
- Repeat the movement.



### TRIED & TESTED

**Art director**  
**Alissa Pittman**  
shakes up her  
yoga routine with this  
fusion session



I'll admit it, I thought given I do yoga five times a week, I'd ace this. However, the Tabata brought me down a notch. It was tough, but in a good way – I felt challenged as I worked every muscle in my body.

**Fave move:** Honestly, yoga moves will always win my heart over cardio, and pigeon pose is my fave.

**Toughest part:** The lunge switch! My balance is usually pretty good, but this challenged it and my thighs were definitely suffering... I had to really concentrate on my technique.

**Final verdict:** Although the Tabata is hard, finishing it with the yoga moves is like having dessert after the main course! You get so much more out of the stretches after doing the Tabata moves.

# Yoga stretches

## 1 FORWARD FOLD

GREAT FOR: REAR THIGHS

### Technique

- Sit with your legs stretched out in front of you. If you can't sit upright, sit on a block.
- Engage your core and point your toes up toward the ceiling.
- Slide your hands down the sides of your right leg. If you can, grasp your right big toe with your first two fingers and thumb. If not, reach as far forward as you can. Keep space between your shoulders and ears, and feel your shoulder blades sinking down your back. Hold.
- Repeat on the opposite side.



*Flexing your feet will engage your calves and shins*

## 2 PIGEON

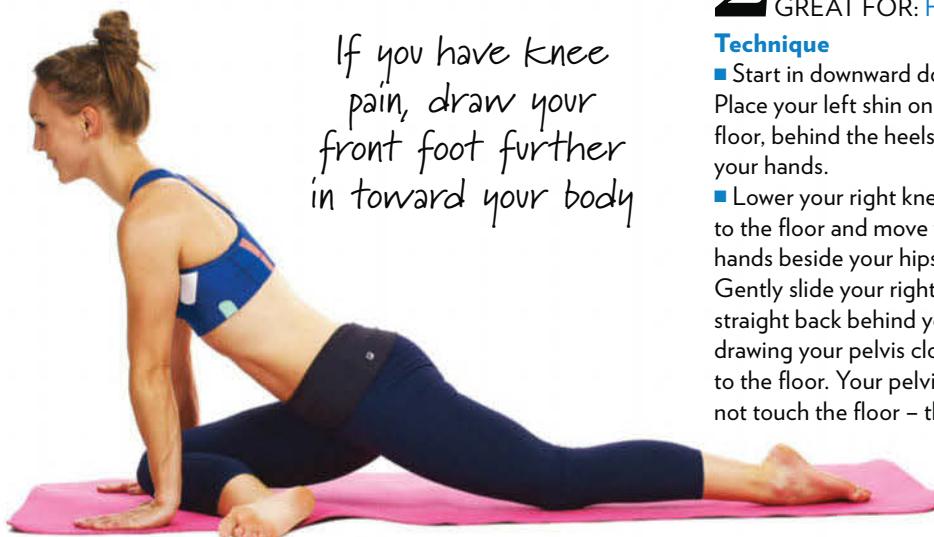
GREAT FOR: HIPS, INNER THIGHS, BOTTOM

### Technique

- Start in downward dog. Place your left shin on the floor, behind the heels of your hands.
- Lower your right knee to the floor and move your hands beside your hips. Gently slide your right leg straight back behind you, drawing your pelvis closer to the floor. Your pelvis may not touch the floor – that's okay!

The most important thing is to keep your hips square to the floor. If your hips are far away from the floor, slide a cushion or blanket under your right hip.

- When you're settled into this position, gradually walk your hands forward on the mat, lowering your body downward toward your front leg. Hold. Repeat on the opposite side.



*If you have knee pain, draw your front foot further in toward your body*

## 3 SEATED TWIST

GREAT FOR: BACK, BOTTOM

### Technique

- Sit with your legs out in front of you. Bend your left leg so your foot is next to your right knee, then move your foot to the outside of your right knee.
- Fold your right leg under your left leg so that your right foot is near your left hip. Bring your left hand to the floor behind your pelvis, bring your right elbow to

the outside of your left knee, lengthen your body and twist toward your left. Hold.

- To make this harder, bind your arms by sliding your right arm through the gap between your left calf and thigh, slide your left arm around the back of your body and try to clasp your left hand to your right.
- Repeat this pose on the opposite side. ▀



*Keep your bottom leg straight to stop your hips lifting from the floor*

# Sculpt your ARMS

It's time to pull out the big guns! Use these simple moves to give your biceps sexy definition

## THE QUICKEST WAY TO LOOK FIT?

Show your guns some love. Defined biceps will make you look and feel strong – plus, they're essential for toned arms. If you've already got tricep dips and kick-backs in your workouts (high five!), add bicep curls to the mix. Work these moves into your sessions once or twice a week.

**YOU'LL NEED:** 2 x dumbbells, barbell, band

## 1 SINGLE-ARM CURL

### Technique

- Loop a resistance band around your right foot and hold both ends in your right hand.
- Keeping your upper arm close to your body, curl your hand up to your shoulder.
- Lower and repeat. Adjust the tautness of the band to control the resistance.
- Complete all the reps on the right side before switching hands to complete the set.



*Starting out?  
3 x 5 reps  
Need a challenge?  
3 x 10 reps  
Almost pro?  
4 x 10 reps*



## 2 ALTERNATING HAMMER CURL

### Technique

- Hold a dumbbell in each hand, with palms facing your body.
- Keeping your upper arm still, curl one dumbbell up to your shoulder.
- Reverse the movement back to the start position as you curl the other dumbbell in the same way. This is one rep.

*Using one arm at a time allows you to place each arm under greater tension*



## 3 BARBELL CURL

### Technique

- Hold a barbell with both hands.
- Keeping your upper arms close to your body, lift the barbell up to your shoulders.
- Lower the barbell and repeat.

**35%**  
*of Aussie women  
have experienced  
intimate itching  
at some stage in  
their lives\**



# Itching to work out?

It's not always a good thing! Don't let a bad itch stop you in your tracks – it's time to minimise the distraction and bring back the positive focus

**AH, THE DREADED SWEAT** and tight clothes combo: it knows how to seriously mess with our focus mid-workout. But if you think you have to suffer through another burpee with a painful burn in your underwear, think again. Add Vagisil Feminine Itching Cream Medication to your fit kit, and you'll be promptly saying buh-bye to irritated skin

and hello to soothing relief. Not only will Vagisil relieve itch, burn and irritation, it's also a non-greasy formula that won't stain your gym gear. Time to rock your workout in total confidence.

**For more expert advice about intimate health, head to [vagisil.com](http://vagisil.com)**

## SHOP SMART

Fact: Underwear is as important as outerwear when it comes to your gym outfit. Look for breathable fabrics and underwear specifically designed for exercise to prevent irritation.



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A vibrant photograph of two young women laughing joyfully. One woman, with long blonde hair and wearing large sunglasses, is perched on the shoulders of the other. The woman beneath her has dark hair and is wearing a pink top. They are outdoors, with palm trees and a bright sky in the background.

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# Eat fit

## Lighten Up



### Food for thought

Have a little (or, er, a lot) of trouble ignoring the confectionary aisle when you grab the groceries? Next time you hit the shops, eat a healthy snack first. During a recent study, researchers at Cornell University in the US found that people who munched on an apple before filling up their trolley bought 28 per cent more fruit and veg than those who went shopping on an empty stomach or ate a sugary snack beforehand. It seems eating wholesome food puts us in a healthier mindset, which means we're more likely to make better choices in the supermarket. Oh, and that goes for online shopping, too, since scientists repeated the same study in a virtual setting and got the same results. Green juices at the ready! **M**

Naomi took  
the whole  
apple-a-day  
thing very  
seriously



# FINE DINING

Turn your kitchen into a (healthy) restaurant with a little help from Aussie chef Tobie Puttock and his wife Georgia



## TOBIE SAYS:

"This is simple, quick to cook and tastes great – it's a regular at our place. Make a salad or vegetable side dish while the barbie is heating up."

## CRISPY-SKIN SALMON WITH DILL

SERVES 4

**4 x 180g salmon fillets, skin on and pin-boned  
sea salt and cracked black pepper  
small handful of dill, roughly chopped  
extra virgin olive oil, for drizzling  
lemon wedges, to serve**

- 1 Place the salmon fillets on a chopping board, flesh side down, and use a sharp knife to make three lengthways incisions into the skin of each, about 5mm deep.
- 2 Put the salmon fillets on a large plate and season with salt and pepper, then

scatter over the dill and drizzle with olive oil. Turn the fillets over and use your hands to press the dill mixture all over the salmon, then cover with plastic film and set aside for about 20 minutes to marinate.

- 3 Preheat the barbecue, grill plate or chargrill pan on medium-high.
- 4 Cook the salmon, skin side down, on the hot barbecue or grill for 2-3 minutes or until the flesh flakes easily when tested with a fork. Remove from the heat and leave to rest for a few minutes before serving with lemon wedges.

**TOBIE  
SAYS:**

"Cooking with lemon leaves is so fantastic – the leaf gives flavour and also protects whatever it's enclosing from burning."



## SICILIAN MEATBALLS GRILLED IN LEMON LEAVES

SERVES 4

**2 tsp fennel seeds**  
**small handful marjoram leaves**  
**2 cloves garlic, peeled**  
**sea salt and cracked black pepper**  
**300g minced pork**  
**300g minced veal**  
**50g pecorino, freshly grated**  
**1 egg**  
**2 lemons, zest of 1 lemon**  
     finely grated, then  
     both lemons halved  
**40 small or 20 large pesticide-free lemon leaves**

- 1** Toast the fennel seeds in a dry frying pan over low-medium heat for a minute or so, until they become aromatic. Transfer to a mortar, add the marjoram leaves, garlic and a pinch of salt and use the pestle to pound to a paste.
- 2** Put the pork, veal, pecorino, egg, lemon zest and marjoram mixture in a large bowl and use your hands

to mix thoroughly. Season with pepper. Shape the mixture into 20 patties the size of golf balls, flattening them slightly as you go. Sandwich each patty between 2 lemon leaves, or, if you are using larger leaves, wrap a leaf around each patty to enclose it. You may need to use toothpicks to secure the leaves in place.

**3** Preheat a barbecue or grill plate on medium-high. When it is hot, place the lemon halves on it, flesh side down, and cook for around 5 minutes, until the flesh side is dark in colour. Add the meatballs to the barbecue or grill plate and cook for 2 minutes on each side or until just cooked through.

**4** Remove the lemon leaves from the meatballs and discard. Serve the meatballs with the delicious juice of the grilled lemon halves squeezed over the top. ▶





## QUINOA, BROCCOLINI AND ASPARAGUS SALAD

SERVES 4 AS A SIDE

2 heaped tbs low-fat Greek yoghurt  
sea salt and cracked black pepper  
2 small handfuls of mint leaves  
2 pinches of ground cumin  
 $\frac{3}{4}$  cup quinoa  
1 bunch broccolini, ends trimmed and cut into 3cm lengths  
1 bunch asparagus, ends trimmed and cut into 3cm lengths  
1 bulb baby fennel  
1 tbs salted baby capers, rinsed and roughly chopped  
1 small handful dill, chopped  
finely grated zest and juice of 1 lemon  
extra virgin olive oil, for drizzling

**1** Place the yoghurt in a bowl and season with salt and pepper. Finely chop half the mint leaves and mix into the yoghurt. Sprinkle with a pinch of cumin, then cover with plastic film and place in the fridge until needed.

**2** Toast the quinoa in a heavy-based saucepan over medium heat, stirring constantly, for 2 minutes. Add 2 cups water and bring to the boil, then reduce the heat to a simmer for 15 minutes. Set aside, covered, for 5 minutes to allow

the quinoa to absorb any remaining liquid. Transfer the quinoa to a large bowl and place in the fridge, uncovered, for 10 minutes to cool.

**3** Meanwhile, bring a saucepan of salted water to the boil and blanch the broccolini and asparagus, then refresh under cold water to stop the cooking process. Set aside until needed.

**4** Use a knife to remove the stalks from the fennel bulb. Reserve the fronds and discard the stalks. Cut the fennel in half lengthways, then slice into thin strips and place in a bowl of iced water to keep it crisp. (You could also use a mandoline or vegetable peeler to peel long strips.)

**5** Remove the cooled quinoa from the fridge. Add the broccolini, asparagus, fennel, capers, dill, lemon zest and juice, remaining mint leaves and pinch of cumin, reserved fennel fronds and a good drizzle of olive oil. Mix carefully so you don't bruise the herbs and then season with salt and pepper, to taste. Serve the quinoa salad with a dollop of the mint and cumin yoghurt on top.

**TOBIE SAYS:**

"This salad would be great eaten for lunch with flaked smoked trout on top."



## "OUR HEALTHY KITCHEN"

**When Tobie's wife Georgia asked him to make some changes to their daily menu, it opened up a whole new cooking challenge for the chef...**

**Where did you start when it came to cleaning up your restaurant-style diet?**

**Tobie:** It was about working with less oil and next-to-no butter, as well as saying goodbye to cooking techniques like deep-frying. After a few weeks, it was easy – and I was feeling so great, I didn't really miss a lot of the foods. I also learnt so much, including new ways to cook things, which was a lot of fun.

**What habits were hard to kick?**

**Georgia:** For me, the biggest challenges were the rituals that

we had, such as having pizza on a Monday night, a glass of wine when we got home from work, or dessert after dinner. It's hard to change habits like that and not feel like you're missing out. We created new rituals, like making a pot of tea and going for walks together.

**How do you give healthy meals a restaurant quality?**

**Tobie:** Restaurant food is so tasty generally as it contains a lot of fats like butter and oils, which taste amazing! Instead, I use lots of herbs and spices to increase flavour profiles. Starting with the freshest base ingredients is ideal.

**Any advice for convincing a partner to take the healthy road with you?**

**Georgia:** Luckily for me, Tobie is a big believer in the 'happy wife, happy life' philosophy. So he was very supportive. Although it was a bit of a bore for him to begin with, he began to see results himself and became quite interested in the food changes we were making. I think having a really good, honest chat about your goals and why you want or need to make a change is a good start. Then, I'd say, buy our book, because all the recipes are so yum, it doesn't feel like you're missing out at all!



**GEORGIA SAYS:**

"We're big fans of chillies, both for their great flavour kick and also to help speed up the metabolism. If you want to add some chopped chilli to these fishcakes, add it to the mashed sweet potato with the other ingredients."

## SWEET POTATO AND SALMON FISHCAKES

SERVES 4

**300g sweet potato, peeled and roughly chopped  
sea salt and cracked black pepper  
300g minced fresh salmon  
3 tsp almond meal  
1 egg, lightly whisked  
zest of  $\frac{1}{4}$  orange, finely grated  
1 tsp hot smoked paprika  
small handful of flat-leaf parsley, finely chopped  
small handful of dill, roughly chopped  
1 tbs extra virgin olive oil**

- 1 Preheat the oven to 200°C (180°C fan-forced). Line a tray with baking paper. Place the sweet potato in a large saucepan, cover with cold water, add a pinch of salt and bring to a simmer over medium-high heat. Reduce the heat and hold at a simmer for 15 minutes or until tender. Drain in a colander, refresh with cold water, then set aside to cool completely.
- 2 Transfer the sweet potato to a large bowl and mash using a potato masher. Add the salmon, almond meal, egg, orange zest, paprika, parsley, dill and a pinch each of salt and pepper. Mix until thoroughly combined.
- 3 Drizzle the olive oil over the lined tray. Shape the sweet potato mixture into 4 patties and place on the prepared tray. Bake the fishcakes for 5 minutes, then carefully turn them over and bake for another 5 minutes or until cooked through and golden. ▶

### TOBIE SAYS:

"This is delicious and with less than a tablespoon of olive oil per serve, it's a winner on the health front, too. Back in the day, I would have served it with a cheesy crouton, but now I find that nuts bring all the texture and flavour I could ask for."



For more clever dining-in ideas, pick up a copy of *The Chef Gets Healthy* by Tobie and Georgia Puttock (Lantern, \$39.99).

## ROAST PUMPKIN, CUMIN AND CHILLI SOUP WITH PINE NUTS

SERVES 8

**2kg** pumpkin, peeled, seeds removed and cut into large chunks  
**2 tbs** extra virgin olive oil  
sea salt and cracked black pepper  
**2 tbs** olive oil  
**2** red onions, roughly chopped  
**2** stalks celery, trimmed and roughly chopped  
**2** carrots, roughly chopped  
**3** cloves garlic, finely chopped  
**2** red bird's eye chillies, halved (optional)  
small handful of rosemary leaves, roughly chopped  
**1 tsp** ground cumin  
**2 bay leaves**  
**2 tbs** pine nuts, toasted

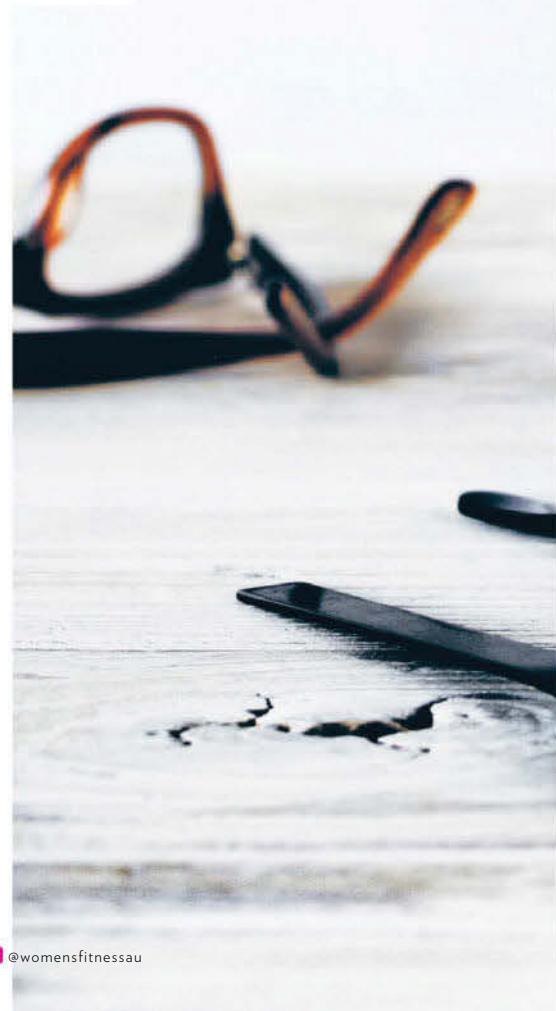
**1** Preheat the oven to 180°C (160°C fan-forced). Line a tray with baking paper.  
**2** Place the pumpkin in a large bowl, drizzle with the extra virgin olive oil and season generously with salt and pepper, then toss to coat. Spread the pumpkin in a single layer over the lined baking tray and roast

for 40 minutes or until golden and tender.

**3** About 10 minutes before the pumpkin is ready, heat the olive oil in a large heavy-based saucepan or stockpot over high heat. Add the onion, celery and carrot and cook, stirring often, for 5 minutes. Reduce the heat to medium and add the garlic, chilli, rosemary, cumin and bay leaves and cook, stirring, for a further 5 minutes.

**4** When the pumpkin is cooked, remove it from the oven and add to the pan. Pour 2 litres of water into the pan and bring to the boil over high heat, then reduce the heat and hold at a gentle simmer for 40 minutes or until all the vegetables are tender.

**5** Remove the bay leaves, then use a blender, stick blender or food processor to blend the soup to a smooth purée. (If using a food processor or blender, cool the soup slightly before processing and do it in batches.) Taste and adjust the seasoning with salt and pepper as necessary. Reheat over low-medium heat. Ladle into bowls and serve scattered with toasted pine nuts.



# CARROT CAKE WITH RICOTTA FROSTING

SERVES 8-10

**olive oil, for greasing**  
**500g carrots, coarsely grated**  
**2 ½ cups almond meal**  
**1 vanilla bean, split lengthways and seeds scraped**  
**2 tsp baking powder**  
**1 tsp ground cinnamon**  
**1 tsp fennel seeds, toasted and ground**  
**good pinch of nutmeg**  
**zest of 1 orange, finely grated**  
**150ml pure maple syrup**  
**70ml melted virgin coconut oil or cold-pressed extra virgin olive oil**  
**3 eggs, lightly whisked**  
**¾ cup walnuts, roughly chopped, to garnish**

## RICOTTA FROSTING

**200g low-fat ricotta**  
**30g honey**

- 1 Preheat the oven to 180°C (160°C fan-forced). Grease a round 20cm springform cake tin using a little olive oil, then line with baking paper and lightly grease the paper.
- 2 Put the carrot, almond meal, vanilla seeds, baking powder, cinnamon, fennel seeds, nutmeg and orange zest in a large bowl and mix with a wooden spoon until well combined. Add the maple syrup, coconut or olive oil and eggs and mix until thoroughly combined.
- 3 Pour the mixture into the prepared tin

and bake for 1 hour, until a skewer inserted into the centre of the cake comes out clean and the centre is firm to the touch. If the top starts to brown too much, cover it loosely with foil. Transfer to a wire rack and leave for 10 minutes before removing from the tin, then set aside to cool completely.

- 4 To make the ricotta frosting, place the ricotta and honey in a bowl and whip with a balloon whisk until smooth and slightly aerated. Cover with plastic film and place in the fridge until needed.
- 5 When it's time to eat, use a spatula to spread the ricotta frosting over the cooled cake. Scatter the chopped walnuts over the cake and it's ready to serve! 

## GEORGIA SAYS:

"I always thought that without the cream cheese frosting, carrot cake might lose its appeal. I can happily report that's not the case! This whipped ricotta and honey frosting can be used to top other cakes, too."





HOT BODY ON A BUDGET

# 10 frugal hacks for foodies

Eat well but spend less with these smart kitchen tips

**ATTENTION, LADIES,** we have an important fact to share: Healthy food doesn't have to mean pricey food. If you want to fatten your wallet while you look after your bod, you need to employ three key skills: top-notch organisation, savvy shopping and culinary creativity. Read up on our foodie tips and you'll be laughing all the way to the juice bar...

## 1 PLAN AHEAD

We've said it before, and we'll say it again: planning makes perfect, especially when it comes to healthy eating. At the start of each week, scribble down a healthy-eating menu for the days ahead. Figuring out which meals you're going to make will save you time and won't drain your bank account, as you'll avoid buying ingredients you never use. "Only buy food that will go with what you already have in your fridge so you're not wasting anything," advises nutritionist Michela Vagnin. "Make a weekly menu plan and buy only what you need to prepare it."

## 2 COOK IN BULK

Sure, you know to make a little extra at dinner to cover you for lunch too, and whenever you make Bolognese you're eating it for a week. But the key to successful batch cooking is stashing away morsels for those times you're so tired you can only think 'expensive Thai takeaway'. When you have extra time on weekends, cook up a big pot of your favourite soups and stews. Divide them into individual portions and pop them in the freezer – now that late night at the office or the gym doesn't have to mean a fast-food pit stop on the way home.

## 3 GO MEAT-FREE

Ditching meat every so often will save you money and do your body good. A study published in *JAMA Internal Medicine* revealed that vegetarians have lower blood pressure than meat eaters. Further research shows, on the whole, those following a plant-based diet have a lower risk of diseases such as cancer and type 2 diabetes. Remember, meat doesn't have to be the centrepiece of every meal. You can bulk up dishes with quinoa, eggs, beans or lentils and they'll still pack a protein punch. "High-fibre food like legumes are good for constipation and weight loss. They're also nutrient dense, so they're great for your skin and immune system," says Vagnin.

## 4 BE RESTAURANT SAVVY

When you're watching your wallet, dining out is usually a no-no. But if you're clever about it, you can still enjoy the luxury of eating out without blowing your budget. Skip starters and order a vegetarian

meal instead of a meat-based dish, as these tend to be cheaper (and often healthier). "Also remember that alcohol in restaurants is expensive, so stick to water or choose restaurants where you can bring your own," says Vagnin. "If you feel like a drink, maybe have an aperitif at home with friends before heading off. Alcohol-free nights will make a big difference to your weekly budget and are also good for your body," she adds.

## 5 EAT IN SEASON

Sick of splashing out the big bucks on a punnet of berries? Save some coin by learning what's in season (hint: it's usually the cheapest stuff in the veggie aisle). Alternatively, you could sign up to an organic veg box scheme and for a set price, you'll get a mix of fresh, seasonal fruit and veg. "Cauliflower, celeriac, leeks, parsnips and swede are all in season now," says Vagnin. "These can all be tossed into stews or roasted in the oven with herbs."

## 6 BE INSPIRED

Love browsing the shelves of your local health store, but hate the knock-on effect it has on your bank balance? Make your own versions of their smoothies, dips, granola and fruit and nut bars and you'll save money (and kilojoules) in the long run. "Remember, cooking your own food is almost always cheaper than buying pre-made, packaged food," says Vagnin. For healthy snack recipes, turn to page 92 or check out the goodness on [kenkokitchen.com](http://kenkokitchen.com) and [georgeats.com](http://georgeats.com).

## 7 MIND THE LABEL

Aussie households throw away \$8 billion worth of edible food every year, according to not-for-profit campaign FoodWise. And, while nobody wants to eat food that's gone off (gross!), bear in mind that best-before dates aren't a hard-and-fast indicator of whether a food is safe to eat. "Best-by dates refer to foods that are best before that date – afterwards they might not be as fresh, but will still be edible – whereas use-by dates refer to foods that expire before a specific date," says Vagnin.

## 8 OUTSMART YOUR SUPERMARKET

Supermarkets are designed to squeeze money out of you, so shop smart to sidestep the overspending traps. First up, resist the urge to fill your trolley; if you're not doing a big weekly shop, pick up a basket instead. You won't want to carry a heavy basket! "And buy loose fruit and veg rather than pre-packed, as this will save you the packaging money," adds Vagnin.

## 9 BUY UP BIG

A balanced diet is a good place to start if you want to improve your health, but a daily multivitamin can be helpful, too. "Buy supplements in larger sizes. Although you have to shell out more cash initially, they'll last longer and save you more money overall," says Vagnin.

## 10 USE YOUR FREEZER

Fed up with having to toss away veggies every week? Use ice cube trays to freeze greens. Purée veg such as spinach and broccoli, spoon into the trays and freeze, then toss them into smoothies or pasta sauces. It's cheaper (and healthier) than buying shop-bought versions. 

## Nail fridge Tetris

Need your grocery haul to go the distance? Stock your fridge right and you'll minimise wastage and save electricity. Here's how:

### On the door

If you transfer your eggs into the caddy in the fridge door, stop! Eggs are best kept in the carton on the lower shelves with dairy and meat. Place condiments in the door and fill the upper shelves with ready-to-eat foods.

### Crisper hierarchy

Fruit and veg belong in the crisper – except sweet potatoes. Keep your orange spuds clear of the fridge. Instead, store them in a cool, dark place with apples, which stop sweet potatoes from sprouting!

### Bare essentials

Fridge shelves looking a little bare? Your fridge and freezer will run most efficiently when full (but not overcrowded), so if you're low on groceries, stock them with empty containers or jugs of water. Your power bill will thank you.

# MADE IN Australia

Introducing our local superfood superstars

## LEMON MYRTLE

Citrus-scented leaves of the lemon myrtle tree could help to keep winter sniffles at bay, thanks to a high quota of plant citral. "Citral has powerful antimicrobial properties," explains Hayley Blieden, dietitian and founder of The Australian Superfood Co.

**Try it:** Use the dried leaves to add a lemony flavour to sweet and savoury dishes, or brew a refreshing tea.

**Buy it:** Madura Green Tea & Lemon Myrtle

Tea Bags,  
\$4.49, [maduratea.com.au](http://maduratea.com.au)



## KAKADU PLUM

Drumroll, please... This little fruit has the highest natural concentration of vitamin C. "Due to that extreme potency, you only need 2g of freeze-dried Kakadu plum powder to match the vitamin C content in an orange," says Blieden. "It's celebrated for its medicinal properties and is a known antibacterial, antifungal and antiviral agent."

**Try it:** Kakadu plums (known as gubinge) have a tangy flavour and smell of stewed apple and pear – yum! Sprinkle the powder in your smoothies or add a pinch to muffin or cake mixes.

**Buy it:** Ngul Ngul Gubinge Powder, \$29.90, [lovingearth.net](http://lovingearth.net)



## QUANDONG

Hands up if you'd like glowy skin, an energy boost, vitamin C and some antibacterial action, in one mouthful? Take a bite of quandong. "This fruit is a rich source of antioxidants that boost the immune system and reduce inflammation," says Blieden.

**Try it:** Look for sauces and jams, or powders to add to juices or fruit salad.

**Buy it:** The Australian Superfood Co Quandong Superfood Powder, \$20, [austsuperfoods.com.au](http://austsuperfoods.com.au)



## WATTLESEED

Looking for a serious protein punch? Stock up on wattleseed. It might sound like something you'd decorate with, but this versatile nutrient is very edible. It's a powerhouse of protein, as well as potassium, calcium, iron and zinc. Oh, and it's a low-GI carb, too.

**Try it:** "Wattleseed has a nutty, roasted-coffee aroma and a savoury, wheat-biscuit flavour," says Blieden. "Roasted ground wattleseed can be used for baking and as a thickening agent in casseroles and sauces."

**Buy it:** The Australian Superfood Co Wattleseed Husk Cacao Raw Bar, \$4.50, [austsuperfoods.com.au](http://austsuperfoods.com.au)



## MACADAMIAS

They're loved for their sweet, buttery flavour – but these cholesterol-free nuts are also great for your ticker. Pop a few high-fibre macadamias and you'll get a serve of heart-healthy monounsaturated fats as well as phytonutrients and magnesium (good for post-workout muscle recovery).

**Try it:** Swap your arvo almonds for a handful of raw macadamias, or try it as a spread on your morning toast.

**Buy it:** Organic Road Organic Raw Macadamia Butter, \$16.45, [organicroad.com.au](http://organicroad.com.au)



## DAVIDSON PLUM

A rainforest fruit with dusty purple skin, the Davidson plum looks innocent – but it's surprisingly sour! There's a good reason to persevere with this fruit, though: it's a great source of potassium. "Potassium plays a vital role in every single heartbeat," explains Blieden. "It helps our muscles move, our nerves work and our kidneys filter out toxins." Davidson plums also contain lutein to benefit your eyes and anthocyanin for your noggin.

**Try it:** Side-step the tart raw plums and try this one cooked in a fruit crumble.

**Buy it:** Outback Chef Davidson Plum Fruit Paste, \$7, [outbackchef.com.au](http://outbackchef.com.au)



Want to harvest your own bush tucker? Lilly pilly, lemon myrtle and wattle are some of the easiest native ingredients to grow in your backyard.

CHRIS HEMSWORTH,  
Kylie Minogue, Hugh Jackman...  
Yeah, Australia's definitely got  
talent. And, it turns out, we've  
got the goods when it comes to  
superfoods, too. Native plants  
such as wattleseed and Kakadu  
plum are some of the healthiest  
foods in the world, so if you're  
over goji berries and chia seeds,  
look closer to home and try one  
of these national treasures...

# THE GOOD OIL YOUR BODY WILL LOVE.



For centuries the pacific islands have known the Coconut tree as the 'tree of life', and now science is beginning to realise the many health benefits of this super oil. Pure, unrefined and island fresh, no other oil compares to Coconut oils' cooking versatility and health benefits. But what is it about Coconut oil that makes it so unique?

**MAKING A DIFFERENCE TO THE INSIDE AND OUT**  
Bioglan Coconut oil is extracted from the "meat" inside the hard-shelled fruit of the coconut palm (*Cocos nucifera*). Within this fruit, is an oil with health benefits that continues to surprise health professionals and users alike. Coconut oil doesn't consist of your average run-of-the-mill saturated fats, but instead, is rich in Medium Chain Triglycerides (MCTs) – good fat, that is actually converted into energy, not body fat, and doesn't raise your cholesterol. This makes it an ideal alternative to other oils for cooking or as spread.

**Bioglan Organic coconut oil uses only the finest quality coconut oil. It is 100% organic and cold pressed so all the nutrients are retained in the oil.**



"Bioglan Coconut Oil is not only a healthy alternative to other cooking oils, but it is pure enough to use as an all-over moisturiser."

- Stephanie Rice  
Olympic Gold medalist

**Only in Pharmacy**

\*In conjunction with a healthy diet and exercise.

## WEIGHT MANAGEMENT

Coconut oil is unique among oils in that it promotes weight loss. Medium chain triglycerides which are naturally found in coconut oil are used immediately by the body to make energy, rather than storing as body fat. People report coconut oil also helps to control sugar cravings and reduces hypoglycaemic symptoms. Adding high quality virgin cold pressed coconut oil to your cooking can help support healthy metabolism, immune function and provides antibacterial and antiviral properties to relieve digestive inflammation.



## Bioglan Coconut Oil can help fuel your healthy lifestyle by:

- Assisting in weight management\*
- Boosting metabolism
- Increasing energy levels
- Enhancing your Immune System

## BEAUTIFUL HAIR & SKIN

Say good bye to chemical based skin care! Coconut Oil is nature's solution to healthier skin. Coconut oil can be directly applied to your skin as a body moisturiser, to nourish and rehydrate your skin, naturally. The small particle size of coconut oil means it's easily absorbed into the skin for even faster rehydration. Bioglan Coconut oil is an organic source of Vitamin E which is well known for its skin protecting and skin smoothing properties. Bioglan Coconut oil also helps your hair to naturally retain moisture for strengthening and conditioning and to help minimise split ends.



**BIOGLAN®**  
*SuperFoods*

# Winter food myths, BUSTED



WF dietitian Caitlin Reid sets the record straight on those ol' nutrition traditions

## MYTH #1 **VITAMIN C SUPPS PREVENT COLDS**

**Reality check:** Research shows that if taken preventatively, vitamin C supplements can reduce the duration and severity of a cold when you actually have one. In fact, a review of the research has found that regularly consuming 200mg of vitamin C (equal to three medium oranges) shortens cold duration by 8 per cent in adults. However, although loading up on vitamin C from the health food shop will make symptoms a little milder, these tablets won't stop you from getting a cold – so your money might be better spent on foods that are abundant in vitamin C (that's citrus fruits, capsicum, broccoli and apples) if it's a preventative measure you're after.

## MYTH #2 **ALCOHOL WARM'S YOU UP...**

**Reality check:** A nice glass of red on a chilly night sounds like an awesome way to thaw out, but despite the initial warm sensation, alcohol actually decreases your core body temperature. Alcohol dilates blood vessels allowing more blood to flow to the skin, which brings on that warm feeling. But this effect overrides one of your body's natural defences against cold temperatures. When it's cold, your body constricts your blood vessels to minimise blood flow to the skin, keeping your body temp up. The warm skin you feel when drinking soon passes, but the drop in body temperature can be especially dangerous in extremely cold weather. Alcohol also reduces our ability to shiver, which is another way your body creates warmth. Go on, enjoy your glass, but remember it's probably not going to keep you as warm as a cute scarf and beanie.

## MYTH #3 **...AND SO DO SPICY FOODS!**

**Reality check:** Spicy food may have you reaching for the water jug to quell the fire in your mouth, but getting your spice fix doesn't make for an effective way to warm up. Capsaicin, a chemical found in chilli, produces a flushed face and burning mouth, which are common effects of eating spicy foods, as it tricks the heat sensors in the body into thinking that you're somewhere hot. This triggers natural heat responses, like sweating, but while you might feel hot initially, that will soon fade. Until round two of that delicious green curry, that is...

## MYTH #4 **DAIRY IS BAD FOR A COLD**

**Reality check:** You're probably more likely to be craving comfort food over a glass of milk or tub of yoghurt when you're holed up in bed coughing and sneezing. It doesn't help that for years dairy has been blamed for increasing mucus production, but there isn't any research to support this. Dairy products are naturally thick and can leave a thin coating in the mouth, giving the perception of more mucus, when in actual fact there is no increase in mucus production. A cold glass of milk or tub of yoghurt might actually help to soothe a sore throat and provide important nutrients when your appetite is lacking.



WITH THE CHANCE OF catching the sniffles much higher in winter, many of us turn to pills and potions to dodge getting sick. We suddenly switch up our orders to a glass of red or a spicy laksa, because there's an old wives' tale floating around that they'll help keep us warm. Or, we might think it's okay to down less water because there's no heat upping our thirst. These beliefs have been driving our eating behaviours during the chilly months, but we're curious: Does chicken soup *really* boost us back to health? Bring on the myth-busting, so we can stay fit and healthy all winter long.



## MYTH #6 YOU NEED TO EAT MORE IN WINTER

**Reality check:** Overindulging in all our fave comfort foods (here's looking at you, hot bowl of pasta) can add on kilos without any warming effects.

This additional weight gain comes in the form of white fat, which doesn't have anything to do with keeping us warm – it's the brown fat that provides warmth. Yep, we have different types of fat! While white fat stores energy, brown fat burns kilojoules for heat. So unfortunately, piling your plate high with rich delights at every meal won't offer any winter survival tricks.

## MYTH #5 A DAILY MULTIVITAMIN WILL KEEP YOUR IMMUNE SYSTEM FIRING

**Reality check:** Supplements might be packed with a range of vitamins and minerals, but they lack the complex array of phytonutrients that only food can provide, and you can get all the nutrients you need by eating a variety of foods. Additionally, more and more research shows that chronic supplementation of antioxidants may do more harm than good, particularly in the performance and recovery of athletes. For the best immune-boosting benefits, focus on what you eat each day. Make sure your diet is rich in whole foods like fruit and vegetables, as these will offer you more benefits than a few isolated nutrients in a supplement.

## MYTH #7 YOU DON'T NEED AS MUCH WATER WHEN THE TEMPS DROP

**Reality check:** Sure, the weather might have cooled down and you're probably not sweating as much as you do in the summer months, but you're still losing fluid through breathing, so you need to make sure you're keeping hydrated. Failing to keep your hydration levels up throughout winter can decrease your mood, reduce attention and affect your memory, while physical activities like hitting the gym can feel harder when you're dehydrated. Make sure you're drinking plenty of water and herbal tea.

## MYTH #8

### CHICKEN SOUP CAN ZAP A COLD

**Reality check:** Your mum was right – chicken soup just might be the perfect remedy for the common cold. A US study found that in addition to being a nourishing and hydrating option, chicken soup also contains anti-inflammatory properties that can help to ease chest infections. A process called neutrophil aggregation occurs in the body where white blood cells called neutrophils bind together to fight off infection, helping you feel better, faster. It doesn't matter whether your chicken soup is homemade or bought, just make sure the soup is hot, as heated fluids are superior to cold fluids when you're trying to decongest. Plate us up! ☺

# WORKOUT DESSERT

Finish your next sweat sesh with one of these delish snacks. Go on, you earned it!

## Antioxidant smoothie

SERVES 1

2 cups unsweetened coconut water  
1 cup plain Greek or coconut yoghurt  
1 scoop vanilla protein powder  
1 tbs açai powder  
6 strawberries

**GARNISH (optional)**  
Unsweetened coconut flakes

dried lavender  
goji berries  
red fruit tea mix

- 1 Add all the smoothie ingredients to a blender and process until smooth.
- 2 Pour into a tall glass and top with coconut flakes, lavender, berries and tea mix as desired.



## 3 WAYS TO SNACK SMART

Blogger Sally O'Neil (aka The Fit Foodie) is the brains behind these recipes and a range of protein ball mixes you can stir up at home, so you know she's nailed post-workout snacking. We asked her to share tips for healthy refuelling...



### EAT PROTEIN

"It's really important to replenish protein and glycogen stores after a workout. My usual ratio is roughly 25g of protein to 10g of low-GI carbs. If you're vegetarian or find it difficult to eat lean protein straight after a sesh, find a clean pea protein powder and make a smoothie with a handful of fruit."

### PREP AHEAD

"It's good to vary your snacking routine, but my fail-safes are boiled eggs or my Fit Mixes Protein Balls."

I prep both on a Sunday ready for the week ahead, and store them in the fridge. These keep me from reaching for something less healthy when I don't have time to make anything."

### KEEP IT SIMPLE

"No one wants to spend 20 minutes prepping a snack that only takes five minutes to eat, so for me it's all about the grab-and-go. Nuts, seeds, berries, homemade muesli, veggie sticks and shredded chicken are all ready to go in my cupboards or fridge."



## Choc-chip peanut butter protein balls

MAKES 12

**1/4 cup** vanilla or plain protein powder  
**1/4 cup** almond meal  
**2/3 cup** natural peanut or almond butter  
**1 tbs** rice malt syrup or raw honey  
**2 tbs** raw buckwheat  
**2 tbs** cacao nibs or dark chocolate chips

**1** Combine the protein powder, almond meal and

- nut butter in a large bowl.  
**2** Add your sweetener of choice and mix until well combined.  
**3** Stir through the cacao nibs and buckwheat.  
**4** Use your hands to clump the mixture together, then break off chunks to roll into smaller balls.  
**5** Chill in the fridge for 30 minutes before serving.

## Passionfruit and pomegranate bark

SERVES 6

**1 1/4 cups** plain Greek or coconut yoghurt  
**1 tsp** cornflour (optional)  
**2 tbs** rice malt syrup or raw honey  
**3 tbs** pomegranate seeds  
**1 passionfruit, pulp scooped out**

- 1** Mix the yoghurt, cornflour (if using) and sweetener together until well combined.  
**2** Stir through half the pomegranate seeds and passionfruit pulp.

- 3** Line a baking tray with foil and pour the yoghurt mixture on top.  
**4** Spread it depending on how thick or thin you want your bark, and top the bark with the remaining fruit.  
**5** Place in the freezer for 1 hour or until completely frozen. To serve, remove from the freezer and use a sharp knife to break the bark into pieces. The bark can be stored in the freezer in zip-lock bags for up to 10 days. 



Want to check out more of Sally's smart snacks and healthy recipes? Visit her website [the-fit-foodie.com](http://the-fit-foodie.com) or follow her snaps on Instagram @thefitfoodieblog



# Bite club

The latest fun foodie finds



When it came to kale, Kelly could take it or leave it



## SWEET TREAT

Made from a creamy blend of almond milk and natural flavours

(hey there, cacao fudge and burnt toffee), these dairy-free frozen desserts from Luz Almond will nix your sweet tooth, while also delivering a hit of protein and antioxidants. \$14.50, [luzalmond.com](http://luzalmond.com)

## Better brew

Coffee lovers, rejoice! Thanks to the wellness gurus over at H2Coco, now you can get your caffeine and coconut fix from the same place. With one shot of antioxidant-rich coffee in coconut water, the new Cocoexpresso makes for a coffee break you won't regret. \$35.40 (for pack of 12), [h2coconut.com](http://h2coconut.com)



## Green machine

Love it or hate it, kale isn't going anywhere – which is why US foodie Tucker Shaw has whipped up 35 easy recipes to help everyone love the super green (or at least tolerate its existence). With the likes of kale linguine, pesto and shepherd's pie on the menu, we're one frittata away from joining the fan club. *The I Hate Kale Cookbook* by

Tucker Shaw  
(Stewart, Tabori & Chang, \$17.99)



## KITCHEN KICKSTART

Lift your baking game with the sleek Kenwood Chef Sense. This nifty do-it-all gadget will make kneading dough and whipping up cakes a breeze (and mess-free!), thanks to its multi-directional spin and shatterproof splashguard. From \$799, [kenwoodworld.com](http://kenwoodworld.com)



## Afternoon delight

Cookies don't have to be a guilty pleasure – especially when they're made from digestion-friendly spelt flour and free of refined sugar. Created by Aussie naturopath Johanna Clark, Kookas Natural cookies are loaded with body-loving ingredients such as cacao nibs, goji berries, oats and coconut. Winning! \$11.95, [kookasnatural.com.au](http://kookasnatural.com.au)



## Comfort station

Get sippin' on a warm bevvy with these tea and coffee essentials

\***PRETTY POT**  
Mr & Mrs Clynk porcelain tea pot, \$62.95, [inviteme.com.au](http://inviteme.com.au)

\***ON THE GO**  
Joco reusable glass coffee cup, \$29.95, [hardtofind.com.au](http://hardtofind.com.au)

\***STOW IT AWAY**  
Happy Kitchen canisters, \$39.95 (for set of 3), [larkstore.com.au](http://larkstore.com.au)

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# Wellness Clinic

WF naturopath Belinda Kirkpatrick delivers this month's healthy action plan



## The client:

### Gina Crago, 24, school teacher

"I suffer from allergies – I get bad hayfever in the form of a runny nose and sneezing. I also have poor energy and feel really lethargic and fatigued all day despite getting eight hours of sleep every night."

## Gina's day on a plate:



### BREAKFAST

Wholemeal toast with avocado and a skim milk tea

### SNACK

Banana, popcorn or a few pieces of dark chocolate

### LUNCH

Salad with baby spinach, sweet potato, fetta and tomatoes

### DINNER

Homemade pumpkin soup or pasta with Napoli sauce



## Belinda says:

"Hayfever (which affects around 1 in 5 Aussies) is usually caused when the nose and eyes come into contact with allergens. These are often environmental (and tricky to avoid) such as pollen and dust mites. The inflammation brought on by hayfever can cause fatigue and lethargy."

## The tricks

Balancing the immune system to minimise the reaction to these triggers and reducing the inflammatory response is the primary objective of naturopathic treatment.

So, why might the immune system be overreacting? First, look at digestive health. Gut flora assists in regulating the immune system – when there is a deficiency of good bacteria in the gut, bad bacteria can take over, producing toxic substances such as excessive histamine (which leads to typical

hayfever symptoms).

Use of antibiotics, contraceptive pill, high stress levels and poor diet can all affect gut health.

To promote good gut flora, Gina can increase her intake of probiotic-rich foods such as fermented veggies, coconut kefir and kombucha, as well as foods containing omega-3 and leafy greens, ensure adequate water intake, and reduce wheat and dairy.

It's also important for Gina to eat plenty of protein. It should be included with every meal to sustain energy levels.

## Nutrition plan

Gina could make over her menu to include: **BREAKFAST:** Omelette with herbs and greens, served with avocado and fermented veggies; coconut yoghurt with berries.

**LUNCH:** Salad with added chicken, egg or salmon, legumes and a miso soup.

**DINNER:** Baked fish with leafy greens (add garlic, onion and leek to reduce

mucus secretions); lamb casserole with veggies and bone broth; pumpkin soup with added red lentils, garlic and tahini.

**SNACKS:** Kombucha tea; natural yoghurt; miso soup; or kefir with chia seeds and cinnamon; activated nuts; boiled egg.

**WATER:** 2 litres per day

## Added extras

Gina can also supplement this diet with a probiotic containing bifidobacterium lactis and lactobacillus rhamnosus (aim for around 30 billion bacteria before brekkie and bed daily); vitamin C, as this is a natural immune booster and anti-histamine (I'd advise her to take 1000mg three times daily); and quercetin, which helps to prevent histamine release and is found in apples, berries, red onions and capers (taking 200mg 2-3 times per day should reduce her symptoms). 



Got a health dilemma you need help with? If you'd like to book into the WF

Wellness Clinic, email your question for Belinda to [mail@womensfitness.com.au](mailto:mail@womensfitness.com.au)

# THE SHAME GAME

Are you dishing up a side of shame with every meal? Find out how to take this unhealthy habit off the menu for good

**EVER WAVED DOWN A WAITER FOR THE DESSERT MENU**, only to backtrack when you realised no one at your table was prepared to join you in an epic triple-choc brownie and ice-cream fest? How about that time you got frustrated with a mate as she embarked on yet another fad diet – after all, you've told her so many times that it's just about healthy eating!

Yep, we've all got a complex relationship with food, and the way we feel about it updates faster than our iPhones. As a result, food-shaming has become our new favourite sport. And the worst part? You probably don't even realise you're doing it.

"We live in a world where the pressure to be perfect is greater than ever, especially when it comes to how we look or the food we eat," says Marisa Peer, behavioural psychologist and author of *You Can Be Thin* (Sphere, \$19.99). "So we food-shame ourselves and others, because we need to relieve that pressure. When we look in someone else's shopping trolley, it feels good when we feel superior."

## FOOD SNOBBERY

With such a huge emphasis on food in our society (think the influx of cooking shows, drool-worthy Instagram accounts and celebrity chefs) it's hard not to have an emotional reaction to the stuff we eat.

"We are increasingly caught between two cultural ideas: cook like a master chef and look like a supermodel. Indulge and abstain," explains WF's resident psychologist Dr Lissa Johnson. "In this contradictory context it's easy to become fraught, over-analytical and obsessional about food. Whichever way we lean, we face self-reproach – adopting a kind of moralism around food where there are specific rights and wrongs."

This opens the door to shaming and criticism – whether it's calling out those who indulge on the reg, or berating other healthy eaters who we think don't indulge enough. And, worse still, we're often harshest on ourselves.

"There's a class system with healthy eating – those at the top, the 'healthiest', look down on those who don't have such good diets," says Professor Julia Buckroyd, author of *Understanding Your Eating: How to Eat and Not Worry About It* (Open University Press, \$51). "It's food snobbery."

And when that snobbery turns inward, "You worry about what you eat, when you eat, how you eat. Even the language we use – describing foods as 'naughty' – means you don't see food for what it is: fuel for life," adds Professor Buckroyd.

***"The trouble with labelling certain foods 'good' or 'bad' means you can start to see yourself as 'good' or 'bad' for eating them"***

The trouble with labelling certain foods 'good' or 'bad' means you can start to see yourself as either 'good' or 'bad' for eating them. "That strong emotional reaction to food can lead to disordered eating behaviours and eating disorders," warns Professor Buckroyd.

Peer adds that trying to be 'good' all the time isn't healthy either. "Sometimes it's fine to eat a bit of cake or a doughnut," she says. "The 80/20 rule [eating sensibly 80 per cent of the time, with room for a little indulgence] works; it's a balanced diet, not cutting out carbs or existing on juices until you can no longer cope."

Take a moment to reconsider your standards when it comes to your diet

and remember that aiming for 'perfect' isn't realistic. "Being good enough is good enough!" says Peer. "The more you try to be perfect, the more likely you are to 'fail', as it's so hard to achieve."

## BASIC INSTINCT

Women are also far more likely to be emotional about food than men, says Professor Buckroyd. Most men see food in functional terms – 'Am I hungry?' 'Do I like this food?' – but that simple philosophy gets lost when you get caught up in the habit of food-shaming. The good news is, you can learn to stop it.

"Think about what you need your body to do that day, and what will fuel you appropriately," says Professor Buckroyd.

"Will a salad for lunch be enough to get you through to the evening? Probably not, so [if that's what you choose] you've created a situation where you crave chocolate for instant energy."

By taking food back to basics, you're less likely to judge it – and yourself – when you eat. "Trust your body to tell you what it wants and focus on meeting your own nutritional needs," advises Dr Johnson. "When you focus on nourishing yourself rather than controlling yourself, food will become less of a battle zone. You'll be able to embrace your appetite knowing that you can enjoy satiating it with no need to shame yourself or others in the process." **W**



Police  
doughnut  
know what  
happened  
here...

## MAKE FRIENDS WITH YOUR PLATE

Use Dr Johnson's tips to break the cycle of food-shaming and enjoy your dining experience



### EATING OUT

Your friend orders the garden salad, and suddenly that pizza you've been craving seems OTT.

Or maybe you're prepared to eat clean, but feel obliged when your lunch date suggests splitting a basket of fries. "When we're constantly seeking to regulate our eating, and feeling torn between whether to refrain or indulge, we can become more susceptible to the influence of others," says Dr Johnson. "It's second nature to conform. There's also a sense that others may be judging us as harshly as we judge ourselves, causing us to eat defensively so as not to attract their negative evaluation."

Combat this by focusing on what you really need and leave your dining partner to do the same. "Work on detaching your food choices from your identity and sense of worth," suggests Dr Johnson. "Remind yourself that it's just a meal, no more, no less."



### AFTER THE BINGE

So you spent a week downing kale juices and denying yourself dessert, then you accidentally inhaled a family-sized packet of Maltesers, and haven't stopped putting yourself down about it since. Relax – it's normal, not a deep character flaw. "When we deprive ourselves, those 'forbidden foods' become even more desirable and difficult to resist," explains Dr Johnson. "Rigid food rules are one of the main causes of binges and invariably backfire."

Instead of berating yourself about your chocolate binge (and vowing to never touch another Malteser for as long as you live), take a reality check. "Remind yourself that we all gravitate towards calorific foods. It's in the human DNA," says Dr Johnson. "If you embrace it and make room for healthy amounts of high-kilojoule foods in your diet, you'll help to free yourself from binges as well as guilt."



### THE BIG ISSUE

Making comments about the size of someone's meal or assumptions about a person's diet based on their appearance is easy to do without a second thought. But, says Dr Johnson, it reveals a lot about your own relationship with food. "We might be envious of how much the other person is eating. Or of how little they eat, and how thin they are as a result," she explains. "In either case, we're turning our problem into theirs."

To overcome this, start by facing your feelings. "With a spirit of kindness, ask yourself where the pressure on your own portion size comes from. Are you urging yourself to eat less than you need? Denying yourself particular foods? Are you hanging your self-worth on your weight and shape? Try to develop a more yielding and flexible relationship with yourself and your eating, and others' meal sizes will fade into insignificance."



# Cool BEANS

Chickpeas in cake? Beans in brownies? Nope, we're not crazy, these legume-loaded recipes are totally delicious

## *Cannellini bean pancakes with berries*

MAKES 8

- ½ cup rolled oats
- 400g tin cannellini beans, drained and rinsed
- 2 eggs
- 1 tbs maple syrup, plus extra to serve
- 1 tsp natural vanilla extract
- ½ cup plain flour
- 2 tsp baking powder
- 185ml milk
- 20g butter, melted
- fresh berries, to serve
- natural yoghurt, to serve

**1** Process the rolled oats in a food processor until finely ground. Transfer to a large bowl and set aside.

**2** Process the cannellini beans in the food processor until smooth. Add the eggs, maple syrup and vanilla extract, and process until well combined. Pour into the bowl with the oats.

**3** Sift the plain flour and baking powder over the oat mixture, add the milk and whisk until the batter is smooth. Set aside for about 10 minutes.

**4** Heat a large non-stick frying pan over medium-high heat, then brush the pan with a little of the melted butter. Ladle  $\frac{1}{4}$  cup of the batter into the pan. Cook for 2 minutes or until bubbles appear on the surface. Turn and cook the other side for 1 minute or until lightly golden. Transfer to a plate and keep warm while you make the remaining pancakes.

**5** Serve pancakes in a stack, topped with fresh berries, a dollop of natural yoghurt and a drizzle of maple syrup.

## Double choc bean brownies

MAKES 16

**150g dark chocolate, coarsely chopped  
80ml macadamia oil  
400g tin adzuki or kidney beans, drained and rinsed  
2 eggs  
1 tsp natural vanilla extract  
2 tbs unsweetened cocoa powder, plus extra for dusting  
½ cup brown or coconut sugar, firmly packed  
⅓ cup almond or hazelnut meal**

- 1** Preheat the oven to 160°C (140°C fan-forced). Grease a 20cm square cake tin and line with baking paper.
- 2** Put 75g of the chocolate and the

macadamia oil in a heatproof bowl over a saucepan of simmering water. Stir until melted and smooth. Set aside to cool.

**3** Process the adzuki beans in a food processor until smooth. Add the eggs and vanilla extract and process until well combined. Transfer to a large bowl.

**4** Stir the chocolate mixture into the bean mixture, then sift the cocoa over the mixture and stir until well combined. Stir in the sugar, nut meal and remaining chopped chocolate.

**5** Pour the mixture into the prepared tin. Bake for 30-35 minutes or until just firm when pressed. Set aside to cool in the tin before cutting into squares. Serve dusted with extra cocoa. ▶



Adzuki beans add richness and body as well as a good dose of fibre and protein to these sweet treats. Adding beans means you don't need to use as much oil or butter, and the brownies are naturally gluten-free.

# Mandarin, pistachio and chickpea cake

SERVES 12

3 mandarins, unpeeled  
150g pistachio kernels, plus 1 tbs extra,  
coarsely chopped, to garnish  
400g tin chickpeas, drained and rinsed  
 $\frac{3}{4}$  cup caster sugar  
4 eggs  
 $\frac{1}{2}$  cup plain flour  
1 tsp baking powder  
icing sugar, for dusting

- 1 Place the mandarins in a large saucepan, cover with cold water and bring to the boil, then drain. Cover with cold water again, return to the boil, then reduce the heat to low and simmer for 45 minutes, adding a little more water to the pan as necessary. Drain mandarins and set aside to cool.
- 2 Preheat the oven to 170°C (150°C fan-forced). Lightly grease a 22cm round cake tin and line it with baking paper.
- 3 Quarter the mandarins and remove the

seeds (discard). Process the pistachios in a food processor to create fine crumbs. Remove; set aside. Add the chickpeas to the food processor and blend. Add the mandarins and process until smooth.

- 4 Use an electric mixer to whisk the sugar and eggs in a large bowl until thick. Add the mandarin mixture and fold in until well combined, then add the ground pistachios, flour and baking powder and stir until well combined. Spoon the batter into the prepared tin and smooth the surface with the back of the spoon.
- 5 Bake for 50 minutes or until a skewer inserted into the centre comes out with a few moist crumbs. If the cake browns too quickly, cover the top loosely with foil. Set aside to cool for 20 minutes, then carefully remove from tin and cool completely on a wire rack. Serve dusted with icing sugar and garnished with extra chopped pistachios.



Chickpeas in a cake may sound strange, but they add texture and a delicious nutty taste – plus, this cake doesn't contain any oil or butter. It will keep in an airtight container for up to 3 days.

## Time to heart legumes

No love for lentils?

Chrissy Freer, nutritionist and author of *Superlegumes*, might just change your mind

### 1 Legumes are amazing because...

They're the underdogs of the food world! They're incredibly nutritious, but they don't enjoy the recognition they deserve. It's their high-protein, high-fibre combo that gives them so many health benefits, such as assisting blood cholesterol levels, improving digestive health, regulating blood sugar and fighting disease. We could all benefit from increasing the number of legumes in our diet.

### 2 They're easy to eat...

Especially tinned legumes, as they require no cooking. Try adding kidney or black beans to your scrambled eggs with fresh chilli and coriander, or add  $\frac{1}{2}$  cup of lentils, white beans or chickpeas to your lunch salad to keep you full.

### 3 Some great tricks are...

Cooking a batch of legumes, then freezing them in ziplock bags with a little cooking liquid. That way you always have them on hand. You can use them to replace some of the butter and flour in baking recipes, because they have a creamy texture when blended. Always soak dry legumes (other than lentils) before cooking to release the carbohydrate sugars that can be difficult to digest.





Looking for the legume here? It's carob, a unique legume derived from a tree, which is caffeine-free, gluten-free and full of protein.

## Carob, pistachio and date truffles

MAKES 30

**2 tbs carob or raw cacao powder**

**½ cup raw pistachio kernels**

**2 tbs almond, Brazil nut**

**and cashew butter**

**250g Medjool dates, pitted**

**1** Process the carob or raw cacao powder and ¼ cup of the pistachios in a food processor until the nuts are finely chopped.

**2** Add your nut butter of choice and pulse to combine. With the motor running, add the dates a few at a time. Process until all the dates are added and the mixture comes together,

adding 1 teaspoon cold water if necessary. The mixture should be soft and pliable. Remove it from the food processor and bring it together completely with your hands. Set aside.

**3** Process the remaining pistachios in a clean food processor until finely chopped, then transfer to a plate. Roll heaped teaspoons of the date mix into balls. Roll the truffles in the pistachios to lightly coat, shaking off any excess.

**4** Place in an airtight container and refrigerate – they'll keep in the fridge for up to 2 weeks. Remove from the fridge 10 minutes before serving. **W**



Grab a copy of *Superlegumes* by Chrissy Freer (Murdoch Books, \$29.99) for more healthy and nourishing ways with legumes.

# Can you be healthy ON A BUDGET?

How much does it really cost to eat clean and nourish your body with superfoods? We put three Aussie women to the test...

**IN AN AGE WHERE** coconut water and açai berries reign supreme, stocking your kitchen with body-loving foods that don't cost half a plane ticket can sometimes feel like Mission: No Way. While it's no secret that eating healthy on a budget can be a tricky task (just ask Gwyneth Paltrow), it's not completely impossible – right?

To find out, WF asked three regular Aussie ladies to slash their grocery bill and give their menu a healthy makeover for one week. And, just so we could judge how healthy they really were (and if they could save even more coin along the way), we had our resident dietitian, Caitlin Reid, weigh in on their results. Here's what went down...

## \* THE CHALLENGE: *Manage two different eating styles for \$65*



**THE NEWLYWED SHIFT-WORKER:**  
KATE, 25, FRAUD ANALYST

I'm a shift-worker and my husband Benji isn't a fan of veggies – which means that sometimes I rely on takeaway for dinner and struggle to prep my meals in advance.

At first, I thought sticking to a budget would make things harder, but it actually had the opposite effect. We always had oats ready for brekkie and at the start of the week we made a big batch of soup with veggies, beans, brown rice and chicken, which fed us for lunch or dinner. Having a go-to meal meant we didn't give in to fast food, but it did get a bit boring.

Even when we tried to mix things up with some salad wraps for lunch, it didn't quite hit the spot – and we got pretty tired of having fruit for a snack!

## \* THE CHALLENGE: *Fuel a busy lifestyle for a cool \$50*



**THE SINGLE GAL:** ALICE, 28,  
WF CHIEF SUBEDITOR

I live by myself so I usually eat simply – there's no point in cooking a four-course feast to eat while I watch *Keeping Up With The Kardashians*. I stick to meals like meat and veggies, stir-fry or pasta, but I also like to buy more exy items like chia seeds and Lindt dark chocolate – things I couldn't afford with just \$50.

For the challenge, I stocked up on vegetables, rye bread, fruit and a pork fillet, which I used to make three stir-fries and three schnitzels (six serves in total!). Because I wanted to make the most of every ingredient, the meals were quite repetitive – lucky my roast vegetables and couscous tasted great, because I ate it for lunch four days in a row.

Despite the meal monotony (and the fact I couldn't afford to buy a cheeky burger for lunch), I never felt unsatisfied. I ate more veggies than usual since they were such a bargain, and because I had to plan my meals in advance, I paid more attention to my diet as a whole.

I enjoyed saving money during the challenge, so I'm going to try and stick to a budget of \$60 from now on... with a little cushion room for chia seeds.

**CAITLIN SAYS:** Everything Alice ate was very nutritious and she did a great job cutting out the non-essentials. To ensure her diet is full of variety, Alice could switch her base meat every week – one week chicken, the next week fish – or swap it for alternate protein like eggs and lentils. Chia seeds can be a worthy investment as they can be added to smoothies, muesli or puddings. If she wants to save more money, though, linseeds are cheaper and just as good.

**"At first, I thought sticking to a budget would make things harder, but it actually had the opposite effect"**

Since we rarely have the chance to eat dinner together, whenever we do I like to cook a roast. This can be pricey, though, so this week I kept it simple with meat and veg or pasta. Benji started getting fast food for dinner after a few days (he gets bored with healthy eating way too easily!), but I stuck with it. I felt so much better by the end of the week and I was really surprised that I didn't feel hungry – even though I bought way less groceries than usual.

**CAITLIN SAYS:** Fast food can be quite expensive when eating it multiple times a day, so Kate was good to eliminate takeaway and prep her own meals. If she and Benji get bored of veggies, they could try sneaking them into pasta sauces, patties or casseroles. Kate did well by snacking on fruit, but since we only need two serves a day, she might like to try a bit of yoghurt with nuts or boiled eggs – both of which are simple and budget-friendly.

## THE CHALLENGE:

### Feed a family of four with just \$150



**THE WORKING MUM: PRUE, 31, CUSTOMER SERVICE OFFICER**

As a working mum of two kids under 10, I like to keep things pretty basic in the kitchen and most of the time I cook in bulk so I can freeze portions for last-minute meals. During the budget challenge, I stuck with things like homemade beef pies (which were super cheap!), pulled-pork tacos and spaghetti for dinner, which went down quite well with my kids and husband.

We struggled a bit with lunch, though. Salad sandwiches and wraps were our go-to meals, but they got boring after a couple of days and things like beetroot and tomato made the kids' school lunches soggy. I put together a couple of salads with greens and veggies, too, but I didn't find them filling enough.

Snacks were another thing we didn't quite nail.

I realised I could get amazing value for money out of oats by baking our own Anzac biscuits and muesli bars, but we got bored of yoghurt and fruit and I couldn't really keep it on-hand for the kids during their after-school activities. We managed to stick to our budget, though, and I did save a fair bit of money, so I'm going to keep it up for a full month and see how it goes.

**CAITLIN SAYS:** Prue did a great job feeding her family on such a low budget. While her meals were healthy and full of variety, she could benefit by adding cheap, low-GI carbs like brown rice to salads to help her feel fuller for longer. To cut costs even more, Prue could swap animal meat for lentils and other legumes as they're cheaper and full of protein. When it comes to snacks, popcorn, veggie sticks and dried fruit are all nutritious and lunchbox-safe. **Wi**



## Switch it up

Want to try it at home? Make these healthy food swaps



### FRESH BERRIES FOR FROZEN

You'll get more bang for your buck with a bag of frozen berries. Since they're snap-frozen, they often contain lots more nutrients than the packets on the shelf. Perfect for a hit of antioxidants!



### SALMON FILLETS FOR CANNED SALMON

Fresh salmon (and sometimes the frozen kind) can leave a mighty dent in your budget, so give the canned version a try. The bones are left in, so you'll get a calcium kick along with a dose of omega-3 fatty acids.



### KALE FOR BROCCOLI

It's been on superfood lists for, like, ever – but kale can cost a pretty penny. Broccoli, though, is widely available, way cheaper, and it'll still give you a dose of cancer-fighting antioxidants and vitamins C and K.



### QUINOA FOR BROWN RICE

Save your coin and trade quinoa for brown rice. It's cheap, packed full of protein, has a low glycaemic index (which means it won't cause spikes in your blood sugar) and it's gluten-free.



### NUT BUTTER FOR WHOLE ALMONDS

Snack on whole almonds instead of nut butter and you can bank the savings and take better control of your portion sizes. Plus, almonds are rich in skin-loving vitamin E and can help to reduce heart disease.

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Delivery costs may apply. Valid from 20 July to 16 August, 2015. The promoter is Dharma Bums Pty Ltd ACN: 166 195 455.

**SHOP ONLINE AT [darmabums.com.au](http://darmabums.com.au)**

# Look fit

## Your Personal Best



Carol got  
snack happy

### Mane attraction

Here's a little something we can all agree on: thinning tresses are so not fun. In fact, according to a recent Aussie study, 80 per cent of women who experience the incredibly common (but not-so-talked-about) beauty woe suffer a serious decline in confidence – which could lead to possible anxiety, depression or paranoia. While hormonal changes, scalp disorders or prolonged illness are all culprits for thinning hair, nutrition can also play a hefty role. To keep your locks strong and healthy, load up on leafy greens, fruit, nuts and oily fish, and add a scalp serum to your haircare kit to help stimulate those dormant follicles.

♥ **WF loves:** L'Oréal Professionnel Serioxyl Denser Hair Everyday Treatment, \$60





HOT BODY ON A BUDGET

# Pretty CHEAP

You don't have to splash the cash to look expensive... Just follow our purse-friendly guide to flawless skin, glossy hair and better prods

## BETWEEN GYM FEES, MOVIE DATES AND BILLS, BILLS, BILLS,

sometimes you just don't have enough leftover coin to spoil yourself with a new red lippie or life-changing serum. But updating your beauty stash doesn't have to make a whopping dent in your savings account – and you don't have to sacrifice quality, either. In fact, sometimes scoring amazing skin or a salon-worthy treatment doesn't cost anything at all. Interested? Then keep reading, beauties...

## STRETCH IT OUT

If you're going through mascara faster than you smash a pack of Tim Tams, give these expert beauty hacks a try to help your kit go the distance

**\* Creams:** Buy products like your face moisturiser and eye cream in tubes rather than jars to prevent the formula from spoiling – which happens when they're frequently exposed to air. According to Nichola Joss, skincare expert for Sanctuary Spa, you're more likely to use an excessive amount of product when it's stored in a jar since you use your fingers to scoop it out (note: that can cause contamination, too).

**\* Serums:** When it comes to facial serums or oils like rosehip, keep them in a cool, dark place to stop the active ingredients from oxidising – and don't be too heavy-handed. "You only ever need to apply one or two drops of your serum," explains Joss. That rule applies to your hair treatments, too. Grant Withnell, technical educator for Schwarzkopf, advises that a few drops of hair oil on your fingertips is more than enough. "If you can still feel the product on your skin, it's still there. Run your hands through your locks at least one more time before you get the bottle back out," he recommends.

**\* Shampoo and conditioner:** Take a peek at the instructions on the back of your conditioner. Does it recommend you apply a small amount of product to your mid-lengths and ends? Okay, now follow that guide. Your hair can only absorb so much, so to make sure you're getting the most out of your conditioner, squeeze out any excess water before you apply it. "As for your shampoo, a dollop the size of a 20-cent piece is plenty," says Withnell. And unless you've just finished a mud run, you don't really need to lather and repeat.

**\* Foundation:** "You can prolong the life of your foundation by storing it in a cool, dry place (like the bathroom cupboard instead of your bedroom dresser) and always make sure you secure the lid tightly," tips Liz Kelsh, head make-up artist for Max Factor. Water-based formulas will dry out quicker (and attract more bacteria), so if you're after something longer than a 12-month commitment, opt for a powder as it'll keep for up to two years.

**\* Mascara:** We do it, you do it – everybody does it... But please, for the sake of your bank account (and your eye health) do *not* pump that mascara wand! Not only will it force air into the tube (which dries out the formula), it'll also help to create a dark, dry breeding ground for germs. Totally gross.

**\* Lipstick:** Crushed your lippie while you were getting ready for your dinner date? All is not lost. "Place the broken bullet in a bowl, mix it with a spoon then transfer the paste into a small lip pot," suggests Kelsh. See that? You've got your old lip colour back, ready to be applied with a lip brush – plus, it now doubles as a new eyeshadow or cream blush.

**\* Powder:** Smashing your favourite bronzer or pressed powder is one of life's little soul-crushing moments – but all it takes is some rubbing alcohol to mend your prod (and your broken heart). Seriously. "Add a little alcohol to your smashed palette, mix it into a paste then smooth it back into its original container," explains Kelsh. "Leave it overnight so the alcohol has time to evaporate and by the next day you'll be back in business!"

## Double duty

These multitasking champs will streamline your beauty kit and save you some sweet coin



### BRIGHTEN UP

Nix dark circles and fine lines with an eye cream that delivers anti-ageing benefits as well as instant coverage. **WFloves:** Simple Radiance Brightening Eye Cream, \$18.99



### BODY SAVIOUR

Coconut oil can be used to soften skin or smooth frizzy locks. **WFloves:** PureTan 100% Pure Coconut Oil, \$11.99



### PROTECT AND COVER

A tinted SPF will keep your skin safe from sun damage and mask imperfections. **WFloves:** ModelCo BB+ Cream, \$22



### INSTANT REFRESH

Combat greasy strands and boost body with a volumising dry shampoo. **WFloves:** Toni&Guy Casual Dry Shampoo, \$15.99



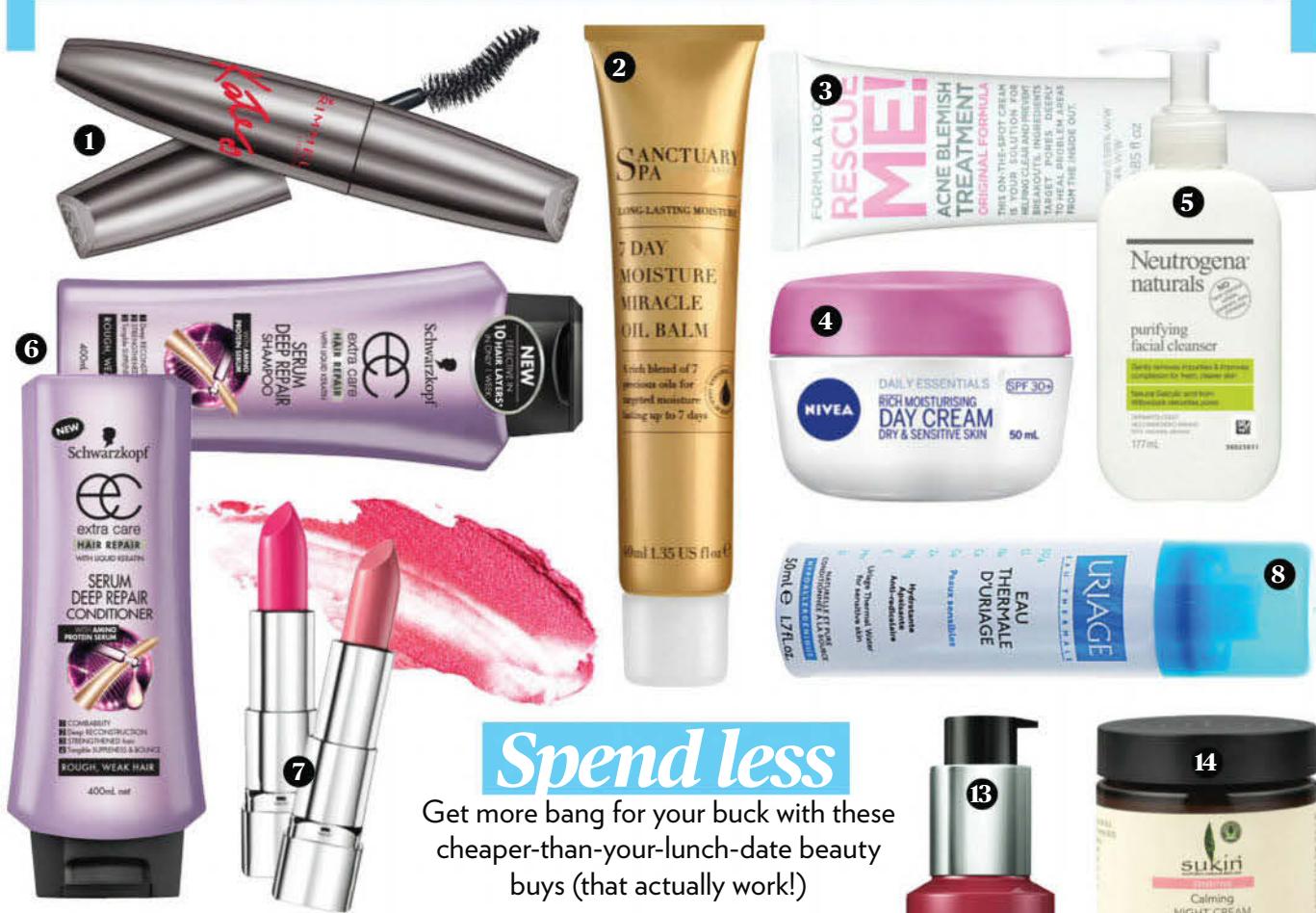
### BODY BLITZ

A bronzing moisturiser joins forces with a firming serum to get you glowing and tighten up trouble spots. **WFloves:** Jergens Natural Glow Daily Moisturizer, \$14.99



### ALL-OVER COLOUR

A cream blush in soft pink or peach works overtime as a lip tint. **WFloves:** Maybelline New York Glaze Blush Stick, \$15.95



**Spend less**  
Get more bang for your buck with these  
cheaper-than-your-lunch-date beauty  
buys (that actually work!)



**1** Rimmel London Idol Eyes Mascara by Kate Moss, \$16.95 **2** Sanctuary Spa 7 Day Moisture Miracle Oil Balm, \$14.99 **3** Formula 10.0.6 Acne Blemish Treatment, \$9.99 **4** Nivea Daily Essentials Rich Moisturising Day Cream, \$12.99 **5** Neutrogena Naturals Purifying Facial Cleanser, \$14.99 **6** Schwarzkopf Extra Care Serum Deep Repair Shampoo and Conditioner, \$6.99 each **7** Rimmel London Moisture Renew Lipstick in (from left) Back to Fuchsia and Piccadilly Pink, \$13.95 each **8** Uriage Thermal Water Spray, from \$10.99 **9** Dr LeWinn's Essentials Bio-Care Oil, \$14.99 **10** Maybelline New York Volum' Express Pumped Up! Colossal Mascara, \$19.95 **11** LACURA Purify Exfoliating Wash, \$3.99 **12** Dove Colour Radiance Shampoo and Conditioner, \$6.89 each **13** Tresemme Keratin Smooth 7 Day Treatment, \$10.99 **14** Sukin Calming Night Cream, \$19.95 **15** Garnier Fructis Miraculous Oil, \$11.95 **16** Max Factor CC Colour Correcting Cream, \$19.95 **17** Dirty Works Glow Girl! Buttery Salt Scrub, \$12.95 **18** ModelCo Cream Cleanser, \$15 **19** Milani Color Statement Lipstick in Red Label, \$8.95

## DIY DAY SPA

Want all the benefits of a salon sesh without the expensive price tag? Yes, please. Treat yourself to a profesh beauty treatment in the comfort of your home with these (totally free) rituals...

### \*The right touch

You know how your spa therapist always applies your face mask with a heavenly massage, instead of just slapping it on any-which-way? Well, according to Emma Hobson, education manager for the International Dermal Institute and Dermalogica, that's because facial massage helps to stimulate your circulation, reduce muscle stress and flush away toxins. In short? It makes you look more *Gossip Girl* than *The Walking Dead*, which is why we asked her to share a few glow-boosting massage techniques of her own right here.

**1** "Apply a rich face oil to your hands then place them on the base of your neck. Using flat fingers and alternating between your right and left hands, perform light, upward strokes all the way up to your jawline."

**2** "Keeping your fingers flat, perform upward circles from your jawline to your cheek and up into the temple area."

**3** "Place your two index fingers on either side of your nose, then slowly rotate your fingers in small circles over the entire area to dislodge any congestion."

**4** "With the tips of your ring fingers, complete very gentle, upward circles along the outer to inner corners of your eye, then slide your fingers up along the bridge of your nose until you reach the eyebrows. Pinch the eyebrow muscle between your fingers, finishing at the end of the brow. Repeat this motion one more time."

**5** "Using medium pressure and alternating middle fingers, perform upward strokes along the bridge of your nose to the inner corners of your brows, then, using flat fingers, bring your hands up to the middle of your hair line. Move across to the right temple, to the middle, then over to the left side. Repeat this motion a few more times then end your massage by giving your earlobes a nice rub between your thumb and fingers."



### SCRUB-A-DUB-DUB!

Max your bath time (for minimum spend) by mixing up your own blissful body scrub. Head to page 110 for our delish recipe.

### \*Water baby

Who needs a day spa when you've got a shower? No, really – hydrotherapy is making waves in the salon world, and all you need to recreate its skin-boosting effects is a bathroom and a couple of ice cubes. "Hydrotherapy can be an excellent way to strengthen your immune system, improve your digestion, increase your blood flow and reduce stress – all of which lead to a healthier, clearer complexion," says Hobson.

For a DIY hydrotherapy shower, simply alternate between two-minute bursts of hot water followed by 40 seconds of cold water for a total of 15 minutes.

"Hot water is great for muscle relaxation, while cold water is great for boosting your circulation," Hobson adds.

To banish tired eyes and overall puffiness, Joss recommends splashing your face with cool water post-cleanse to tighten your pores and brighten up your skin tone. If that's not enough, give yourself an ice-cube facial (yes, that's a real thing). After misting your skin with rosewater, wrap a couple of ice cubes inside a soft muslin cloth (never apply the cubes without one, since the extreme cold can break the tiny blood vessels in your skin), then gently sweep it across your face using circular motions. Hel-lo, rosy glow!

# PANTRY pamper

We've got the recipe for gorgeous skin and lush locks

## WANT TO SAVE SOME COIN ON BEAUTY SUPPLIES? Hit the kitchen!

After all, if you can make your own healthy meals from scratch, you can definitely whip up a few simple, skin-soothing concoctions. These recipes are quick and easy to make,

and the pay-off is completely natural, fresh beauty prods that are good enough to eat.

"Making your own products means you know exactly what's going in there and you can opt for 100 per cent natural ingredients," says Janey Lee Grace, author of *Look Great*

*Naturally... Without Ditching the Lipstick* (Hay House, \$26.99). "You can avoid anything that you are allergic to, and save money by making small batches of what you need."

Ready to whip up a beauty feast? Bust out your apron and get cookin', good lookin'!

## Avocado hair conditioner

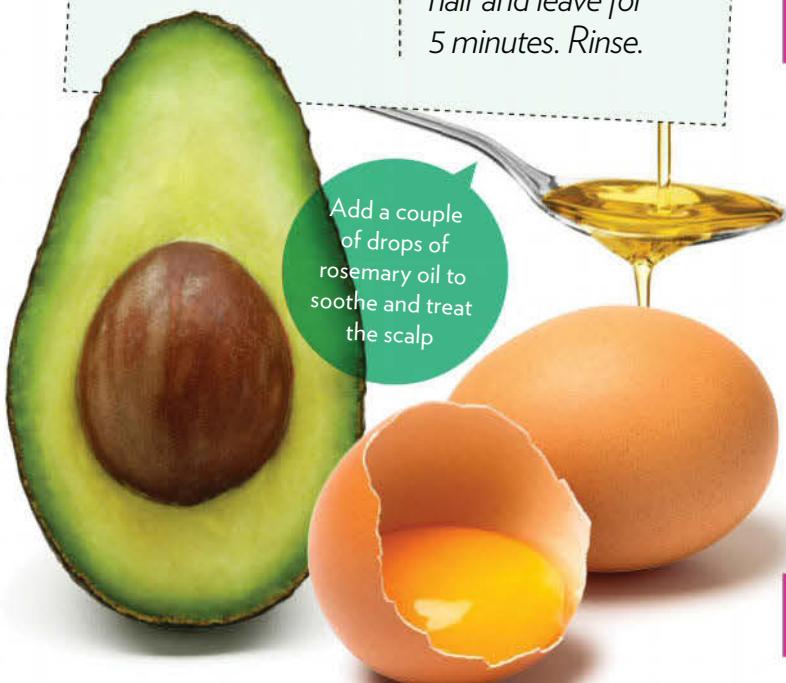
**Our favourite breakfast buddy, avocado is packed with vitamin E and monounsaturated fats to send moisture to your scalp and add shine to your strands.**

### You'll need:

- \* ½ avocado
- \* 1 tsp jojoba oil
- \* 1 egg yolk

Mash the avocado with the oil. Add the egg yolk and blitz in a blender. Apply to hair and leave for 5 minutes. Rinse.

Add a couple of drops of rosemary oil to soothe and treat the scalp



## Chocolate face mask

**Slather on this indulgent mask and enjoy the anti-ageing benefits of chocolate, minus the kilojoules.**

### You'll need:

- \* 2 tbs raw organic cocoa powder
- \* 1 tbs honey
- \* 1 tbs yoghurt
- \* 3 tsp fine oatmeal

Blend together the ingredients, apply to your face (avoiding your eyes), and leave on for 20 minutes. Rinse off using warm water.



## Sea salt scrub

**Slough away dull skin with this gentle exfoliating treat.**

### You'll need:

- \* 2 tbs fine sea salt
- \* 2 tbs almond oil
- \* 1 tsp lemon juice
- \* 1 tsp honey

Mix the ingredients together and gently rub on skin to exfoliate. Leave on for 5-10 minutes then rinse off with warm water.

## Coconut butter lip balm

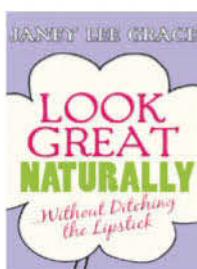
This nourishing and natural lip balm contains antibacterial and super-moisturising properties to fend off winter dryness.

### You'll need:

- \* 1 tbs coconut butter
- \* honey
- \* 1 drop pure essential peppermint oil

Melt the coconut butter in a bowl over hot water. Stir in a tiny amount of honey.

Add one drop of pure essential peppermint oil. Pour mixture into a clean 15ml pot, leave to cool and place in the fridge to set. ■



For more DIY beauty recipes, grab a copy of *Look Great Naturally...* Without Ditching the Lipstick by Janey Lee Grace (Hay House, \$26.99).



HOT BODY ON A BUDGET

# PRICE CHECK

Keep your savings where they are – we've got stylin' bargain buys for every workout



## THE SWIMMER



Splash out on  
a wetsuit top to  
keep you warm  
through icy  
winter swims

## THE RUNNER



**Bonds**  
tights, \$54.95

**Adidas**  
top, \$39.99

**Nike** crop  
top, \$40

**Target**  
hoodie, \$39

Heading outdoors? Layer up in sheer fabrics and zip-up jackets to keep your style on show

**Boohoo**  
shoes, \$44



**Bonds**  
T-shirt, \$39.95

THE  
**GYM BUNNY**



**Nike**  
shorts, \$45

A little bling  
= a whole lotta  
style cred

**Running Bare**  
bag, \$69.99

**Missguided**  
shoes, \$40

# THE WINTER beauty workout

Send dull skin, damaged cuticles and frizzy strands packing with our ultimate cold-weather survival guide

## THE GOOD NEWS? WINTER IS ALMOST OVER.

The not-so-good? There's still a month to go, and if you haven't tweaked your beauty routine to match the frosty winds and Antarctic-worthy temps outside, chances are your skin and tresses are one (not-so-hot)

mess right about now. If you're unsure which prods you should bag and which skincare habits to ditch, don't stress – we rounded up your biggest winter beauty gripes and asked the experts for their tips on how to nix them for good.

## YOU'VE GOT...

### Fine lines

Newsflash: Just because it's winter doesn't mean you can forget about sun protection. "UVA rays, which are known to cause premature ageing and skin cancer, are present all year round and can penetrate clouds and glass," explains skincare expert Emma Leslie. Buddy up to a hydrating lotion to soften any pesky creases in the skin, and make sure it comes with an SPF rating of 30 or more to help prevent fine lines from forming.

#### BAG IT:

- 1 Ultraceuticals Ultra UV Protective Daily Moisturiser SPF 30+, \$69
- 2 Sunsense Anti-Ageing Face Matte Invisible Tint Finish SPF 50+, \$21.49



## YOU'VE GOT...

### Blemishes

Pounding the pavement might be a great way to relieve stress, but smoggy air can clog pores and increases your exposure to harmful free radicals, resulting in acne, rashes and premature wrinkles. "The harsh weather can also inhibit your skin's natural ability to protect itself, kick-starting an overproduction of sebum and a build-up of dead skin cells," says Leslie. "A detoxing serum will help to tighten your pores and regulate your oil levels."

#### BAG IT:

- 1 Ella Baché Detox Aromatique Extra-Purifying Corrector Serum, \$79
- 2 Formula 10.0.6 So Totally Clean Deep Pore Cleanser, \$8.99



## YOU'VE GOT...

### Watery eyes

Chilly temps and strong winds make for the perfect mascara-smudging combo, so it's best to opt for waterproof prods. Got sensitive peepers? Cream shadows will prevent dust from irritating your eyes. If your eyes start to water, Leslie warns not to rub them. "Keep a tissue on hand and pat away tears. This will limit stretching or tearing of the skin," she adds.

#### BAG IT:

- 1 Clinique High Impact Waterproof Mascara, \$38
- 2 Bobbi Brown Metallic Long-Wear Cream Shadow, \$42 each



## YOU'VE GOT...

### A lacklustre complexion

Indoor heating can leave your skin looking a little dull, but an exfoliating cream and overnight serum will get you back to your glowy self. "Invest in a chemical exfoliator to buff away surface build-up and reveal the more luminous skin underneath," suggests Leslie. An exfoliation treatment will also help your serums penetrate deeper.

- 1 Bioderma Hydrabio Gentle Exfoliating Cream, \$39.99
- 2 ModelCo Instant Miracle Booster Skin Brightening Serum, \$35





Charlotte needed a nap after applying her make-up

#### YOU'VE GOT...

## Chapped lips

Taking your workout outdoors? Layer on lip balm. Prevention is better than cure, so keep your pout soft with a nourishing blend of jojoba and calendula oil, lanolin and shea butter. Avoid formulas that contain mineral oil, since this will only trap moisture in (which there isn't a lot of) and not give any back in return. If you're the victim of a flaky pout, treat your lips to a sugar scrub to buff away cracked skin.

**BAG IT:** 1 Go-To Lips! A Super Balm, \$14.95  
2 Lush Bubblegum Lip Scrub, \$9.95



#### YOU'VE GOT...

## Frizzy hair

Besides ruining your morning boot camp sesh, rainy weather can take a toll on your hair. If the constant drizzle has got your tresses in a state of distress, spread a finishing serum through your strands after your shower or blow-dry. "If you're working out, tie your locks back and keep them sleek by smoothing a hair oil through your lengths and ends. This will add weight to your locks, which will stop them from springing up throughout the day," explains Leslie.

**BAG IT:** 1 Klorane Mango Oil, \$22.95 2 Dove Pure Care Dry Oil Nourishing Treatment, \$19.99



#### YOU'VE GOT...

## Parched skin

Extreme temperatures can leave your skin dehydrated unless you amp up its moisture levels. Apply a hydrating serum loaded with antioxidants (think vitamin E and green tea) before your daytime moisturiser to protect your skin against the elements, then indulge in a rich night cream or face mask packed with hyaluronic acid or rosehip and avocado oils.

**BAG IT:** 1 Avène Rich Skin Recovery Cream, \$37.99 2 Sukin Super Greens Facial Recovery Serum, \$17.99



#### YOU'VE GOT...

## Dry cuticles

It can be tempting to run your hands under steamy hot water, but the downside is damage to your cuticles. "Cracked and neglected cuticles can spoil even the most expensive of manicures, especially if they're coated in the darker lacquers of winter," says Leslie.

Massage an oil (like argan or coconut) into your hands to soften them up and seal in moisture.

**BAG IT:** 1 L'Occitane Shea Nail & Cuticle Nourishing Oil, \$20  
2 Burt's Bees Lemon Butter Cuticle Cream, \$14.99



# Beauty loot

The prettifying products worth your coin!



## ALL GOOD

Give your skin a potent hit of nourishing botanicals (minus the hefty price tag) with newbie brand Goodness Natural Beauty Lab's **Every Week Face Scrub**, \$12.95, and **Every Morning Moisturiser**, \$16.95. Bonus: they smell yummy enough to eat!

## PAINT THE TOWN RED

With a shade to match every skin tone, these matte red lippies from L'Oréal Paris will make your pout pop, thanks to their pigment punch and hydrating oils.

L'Oréal Paris Colour Riche Collection Exclusive Reds in (from left) Laetita and Doutzen, \$21.95 each



## Spritz this

Get shiny locks and supple skin with these time-saving oil sprays



Paula's Choice Resist Body Oil Spray, \$39



Joico K-Pak Color Therapy Dry Oil Spray, \$29.95



VO5 Bedazzling Oil Heat Protector, \$7.99

## PERFECT BLEND

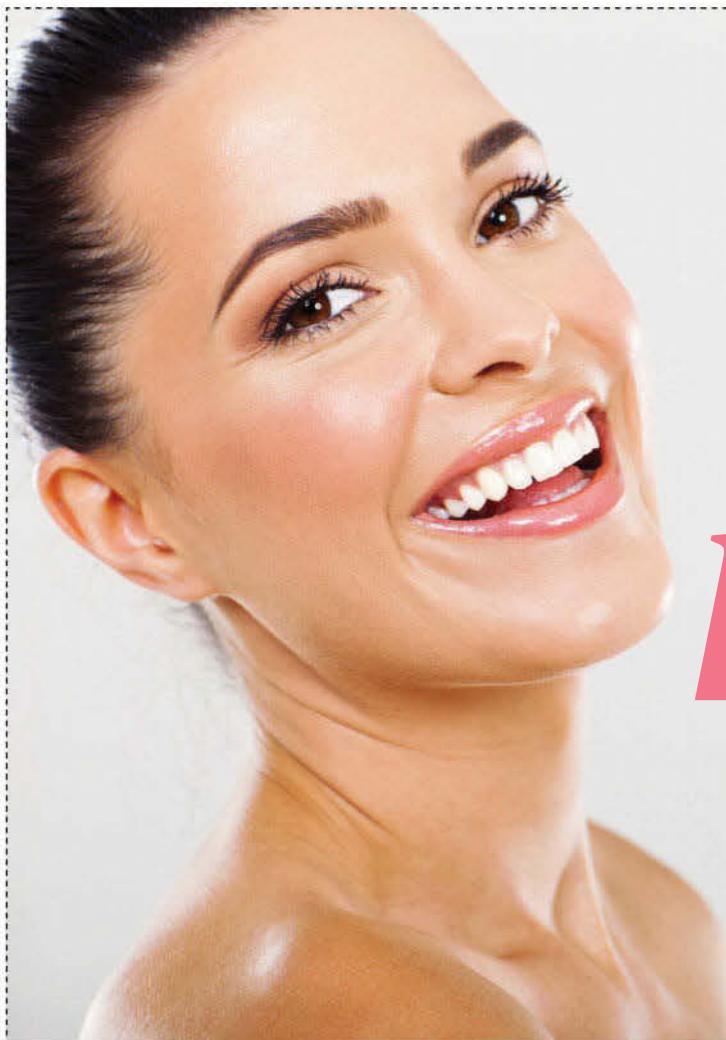
Chock-full of omega fatty acids, antioxidants and vitamins A, D and E, **The Jojoba Company 100% Natural Jojoba + Rosehip Oil**, \$24.95, is an all-round skin-saving champ. Apply it to combat dehydration, fade scars and help you score a natural, dewy glow.



## COVER UP

Ace your base with **Rimmel London BB Cream Radiance**, \$12.95. This little beauty will hide red spots, mask pigmentation and leave you with a silky, sheer finish. After more coverage? Use it as an illuminating primer instead.





# GYM BAG *heroes*

On a small budget,  
but want big results?  
You've come to the  
right shopping aisle



**IF THE BEAUTY KIT IN YOUR GYM BAG IS LOOKING** a little worse for wear (just like your bank balance), then listen up: scoring bargain beauty products that get you results is *totally doable*. How? Welcome ALDI's exclusive

LACURA® skincare range into your life. Not only is it super affordable, but each product is dermatologically tested so you know you're not compromising on your skincare. Have your gym bag at the ready and load up on these goodies!

## Bag yourself a beauty



Give the delicate skin around your eyes the care it needs and help reduce fine lines.

LACURA® Aqua Complete Eye Gel 15ml, \$3.99 (\$26.60 per 100ml)



A combo of anti-ageing ingredient Mimox, Q10, and vitamins E and C means goodbye wrinkles!

LACURA® Renew Multi Intensive Q10 Serum 50ml, \$7.99 (\$15.98 per 100ml)



Everyday saviours for removing make-up and leaving skin refreshed.

LACURA® Fine Balance Cleansing Wipes 30 Pack, \$1.99 (7c per unit)



Balance an oily complexion and remove dead skin cells with this gentle, soap-free deep pore facial wash.

LACURA® Purify Exfoliating Wash 150ml, \$3.99 (\$2.66 per 100ml)

All pictured products are available exclusively at ALDI stores nationally. For more information on products and ranges, or for store locations, head to [aldi.com.au](http://aldi.com.au)





# *Weekend Warmers*

Pack a cosy mix of knits, stripes and sweats for a luxe escape to the country



**Bonds** T-shirt, \$24.95  
(for pack of 2); **Don't Ask Amanda** cardigan, \$89.95, from General Pants Co.;  
**Staple the Label** pants, \$89.95; **Topshop** sneakers, \$48; **Country Road** scarf, \$79.95; **Petite Grand** pendant necklace, \$154, and choker necklace, \$150 (worn throughout); **Bowerbird** bee necklace, \$149 (worn throughout).





**Jac + Jack** T-shirt, \$110;  
**Witchery** cardigan,  
\$149.95; **Skin and  
Threads** pants, \$228;  
**Country Road** jumper  
(worn around waist), \$129.

**OPPOSITE:**  
**Vanishing Elephant**  
top, \$75; **Witchery**  
blanket wrap, \$149.95;  
**Hansen & Gretel** pants,  
\$199; **Mimco** shoes, \$229;  
**Petite Grand** earrings,  
\$129 for pair (two pairs  
worn), circle pendant  
bracelet, \$154, and  
double wing pendant  
bracelet, \$156.





**Witchery** jumper, \$129.95;  
**Superdry** beanie, \$39.99.

**Photography** Trevor King  
**Styling** Jess Pecoraro  
**Model** Elouise/Scoop Management/Chic  
**Hair and make-up** Luana Coscia/DLM

**WF** shot on location at  
The Dairy at Broger's End,  
Kangaroo Valley, NSW.  
Head to [airbnb.com.au](http://airbnb.com.au)  
to book in a stay.



HOT BODY ON A BUDGET

# Shop the shoot

Sweet buys to score you  
the cosy country look  
– for less than \$50!





# *Swipe right for a date with WF*



**DOWNLOAD WOMEN'S FITNESS ON YOUR IPAD FOR ON-THE-GO INSPO**

Search

Women's Fitness Australia



[au.zinio.com/womensfitnessAU](http://au.zinio.com/womensfitnessAU)

# Travel fit



## Get Moving

### Plane tastes

What's worse than hospital food? In-flight meals. And while we're often quick to point our fingers at the airlines who serve them, apparently they're not the ones to blame for our bland lunches – you can thank the 85 decibels of noise inside the cabin instead. According to food scientists from Cornell University in the US, your environment can affect the way you taste food. When it comes to the noisy conditions of air travel, your tastebuds aren't massive fans of things that would usually seem sweet, but they happen to love foods rich in amino acids, like tomatoes. So, next time you fly, you might want to order a Bloody Mary. We mean, tomato juice. **W**

Natalie instantly regretted ordering the mystery meat curry



HOT BODY ON A BUDGET

# cheap thrills

Don't put off your travel dreams, just tweak 'em with our good-as guide to big-ticket destinations

EVEN IF YOU CONSIDER TRAVEL your spirit animal and airports your natural habitat, there's a good chance you still have a few dream destinations lingering on your wish list. After all, it usually takes buckets of cash to fund bucket-list holidays that involve eating your way around Europe or sailing an untouched island paradise. Well, it turns out you don't have to win lotto to tick off those once-in-a-lifetime vacays – you just need to think creatively. Take your pick from this affordable bucket list and get those travel plans moving. YOLO!

## City hopping IN EUROPE



Europe calling your name? If you can resist the urge to snap selfies in front of famous sights such as the Eiffel Tower or Colosseum, you'll be rewarded for branching out. Cities such as Lisbon in Portugal and Prague in the Czech Republic might not be your first pick, but they offer fairytale cityscapes, delicious cuisine and charming culture that won't drain your bank account.

Cobblestoned and dotted with bohemian-style buildings, Prague is every bit as romantic as Paris. It's the perfect place to get a dose of European culture without splashing the cash – the Czech Republic hasn't adopted the euro, so your dollar goes further.

But you haven't come all this way just to see one country – if you're splurging on a big airfare,

add a few more stops to the itinerary. One of the best (and wallet-friendly) places to soak up the sun in style is Lisbon. This pretty coastal city boasts pastel-coloured buildings, gothic cathedrals, amazing seafood (and Portuguese tarts!) as well as some of the cheapest five-star accommodation in Europe. Use it as a base to explore other pockets of Portugal, such as the Algarve.

### The bottom line:

From \$160 per night at Lisbon's Mercador Luxury Apartments ([mercador.com.pt](http://mercador.com.pt)), a former palace in the heart of the city; From \$89 per night in a baroque hotel a minute's stroll from Prague Castle at Hotel U Krále Karla ([ukralekarla.cz](http://ukralekarla.cz)).



Stay cheaply in Lisbon and save your pennies for more important things... like Portuguese tarts!



Prague brings all the European charm (minus the budget blowout)



## Finding yourself IN CAMBODIA



Go on, admit it – there's a part of you that's always wanted to recreate at least one leg of Elizabeth Gilbert's *Eat Pray Love* odyssey. In fact, the idea is so popular that Bali is now overrun with retreats offering women the chance to soul-search in tropical climes.

We say, dodge the tourist traps and find your own path to self-discovery. Cambodia is a comfortable seven to nine-hour flight from Australia, and offers a great-value getaway with plenty of opportunity to eat like a queen, pray in temples and show yourself some love in a beachside paradise.

Start your peaceful journey inward at Angkor

Wat, the iconic Khmer temple surrounded by lush gardens and a moat. Spend a few days in Phnom Penh, the capital of Cambodia, where you can feast on street food, shop for handmade jewellery and silk, and catch up on the country's rich history.

End it with some time navel gazing in (affordable) luxury on the pristine south coast, where you'll find a mix of affordable beach bungalows and inexpensive -but-chic resorts.

**The bottom line:**  
From \$85 per night for a bungalow at **The Secret Garden** at Otres Beach in Sihanoukville ([secretgardenotres.com](http://secretgardenotres.com)). ▶

## Ready to roll

Save your dollars for your destination and hit the road with these cheap and cheerful essentials



Molli & Mimi  
notebook, \$6,  
[target.com.au](http://target.com.au)



Typo luggage  
tag, \$4.95,  
[cottonon.com](http://cottonon.com)



Kate Hill rolling  
duffle bag, \$119.99,  
[katehill.com.au](http://katehill.com.au)



Nikon Coolpix L31  
digital camera, \$79.95,  
[teds.com.au](http://teds.com.au)



Audiosonic foldable  
headphones, \$12,  
[kmart.com.au](http://kmart.com.au)



## Epic adventure IN MONGOLIA

Dramatic landscapes, ancient history and friendly locals... It's the ultimate travel trifecta. If that sounds like the kind of holiday you want to write home about, set your compass for the rugged wilderness of Mongolia.

Because the best way to experience this vast country is to tap into the nomadic lifestyle it's known for, you won't need to spend a fortune to make priceless memories here. Consider a camping trip (pitching a tent in the countryside costs nada!) and be prepared to get in tune with nature as you cut a path through canyons, ruins, deserts and the steppe in search of breathtaking vistas, wild horses and hot springs.

The locals are welcoming, and many tours offer the chance to stay with a family in a traditional ger tent. Speaking of tours, you're better off booking one rather than going your own way, as infrastructure in still-developing Mongolia is pretty much non-existent.

And unlike most destinations, leaving your plans loose is an advantage when you're heading to Mongolia: "If you can book your flights to [the capital] Ulaanbaatar after you arrive in Beijing, you'll save even more," tips Carly Hulls from tour booking company TourRadar ([tourradar.com](http://tourradar.com)). Mid-week flights are cheaper, and buying a one-way flight means you can hitch a ride back to China or onwards to Russia on the epic Trans-Mongolian railway.

**The bottom line:** From \$2499 for a 14-day tour hitting the major Mongolian hotspots and staying in traditional ger tents ([gadventures.com.au](http://gadventures.com.au)).



## Exploring the EGYPTIAN PYRAMIDS

Love the idea of travelling through time when you trot across the globe? You've probably had 'visit the Great Pyramids of Giza' on your bucket list for ages, then. Well, this could be your moment to finally venture through history and take in one of the original wonders of the world.

"There has never been a better time to travel to Egypt," says Hulls. "The travel industry in Egypt desperately needs tourists to return, so prices are low. By travelling with an experienced tour company you can save money, be assured of your safety as you're travelling with local experts and have the unique experience of relatively 'empty' tourist sights."

Make like Indiana Jones

as you explore the pyramids, the Sphinx and the Valley of the Kings, soaking up the mythology, feasting your eyes on priceless treasures and having a crack at deciphering the beautiful hieroglyphics.

While you're there, search for your own treasures at a bazaar in the capital Cairo or leave the congestion behind with a free Walk N Yoga tour at Wadi Degla Protectorate ([wildguanabana.com](http://wildguanabana.com)) and take a scenic cruise along the famous Nile river.

**The bottom line:** From \$5890 (including flights) for a 12-day Highlights of Egypt tour with Bunnik Tours ([bunniktours.com.au](http://bunniktours.com.au)), which offers a full refund if the tour is cancelled due to travel warnings.



## 3 WAYS TO... TRAVEL ON THE CHEAP

TourRadar's Carly Hulls shares her budgeting tips

### \* BE SPONTANEOUS

"Airlines and tour companies are always looking to fill seats right before departure, so booking within three weeks of leaving can save you loads," says Hulls. More of a planner? You'll score earlybird specials at least six months before your trip.

### \* MAKE A MUST-DO LIST

Knowing what you really want to experience on your holiday means you can budget around a big-ticket item, like skydiving in Austria or fine dining in Paris. "Plan ahead to prioritise your spending," says Hulls.

### \* EAT LIKE A LOCAL

Avoid busy areas for the best dining deals, tips Hulls. "Head at least four blocks back to find a busy restaurant," she says. "Better yet, go to local markets to try some authentic cuisine."



## Sailing the GALÁPAGOS

If you're still a few million short of buying your own super yacht so you can cruise the Mediterranean, join a sailing tour of the Galápagos Islands instead. "The Galápagos is surprisingly affordable," says Hulls. "Just travel in tour groups with 16 people maximum for a cheap, more intimate and up-close experience with the incredible wildlife."

Okay, so you won't be living the Kate Moss life out there on the Pacific Ocean, but you will be rubbing shoulders with an all-star cast of famous animals unique to the area, such as giant tortoises, iguanas and blue-footed boobies. Best of all, sailing from island to island allows you to mingle with the protected fauna in their natural habitat. Your tour is likely to include stops to snorkel with sea lion pups and hike the colourful volcanic islands. Opting for a small vessel

will also allow you to drop anchor in the charming bays and coves.

Wifi is limited in the Ecuadorian archipelago, so use the time to disconnect from social media and channel Darwin's famous journey of discovery. Who knows what breakthroughs you might unearth?

**The bottom line:** From \$2362 for a seven-day Galápagos Northern Islands Adventure with Intrepid Travel ([intrepidtravel.com](http://intrepidtravel.com)).



## Aurora chasing IN TASMANIA

Dreaming of watching the northern lights dancing across the night sky? In that case, you've probably heard that travelling to Iceland, Norway or Finland is super expensive – and there's no guarantee the heavens will light up when you get there... But the good news is, Australia has its own natural light show that will cost you a lot less to track down. Take a trip across the Bass Strait to catch sight of the incredible aurora australis, aka the southern lights.

Although the phenomenon has been spotted all around Tasmania, your best bet is to head south and out of town to increase your chances of witnessing the sky flicker with

a green and pink glow. Do some research and scope out a good viewing spot in the daytime to ensure you stay safe in the dark.

If the sky isn't doing its thing, check out what's happening in the water – Tassie is often a host to incredible bioluminescent phytoplankton that glows electric blue when it's disturbed, making the ocean look like it's full of stars.

**The bottom line:** From \$83 per night for a deluxe tipee tent at Huon Valley Bush Retreats ([huonbushretreats.com](http://huonbushretreats.com)), the ideal secluded location to catch a glimpse of the southern lights. 

Head to Tassie to see nature light up the night



# CITY OF runners



WF's Samera Kamaleddine heads to America's running capital to stride it out with the masses

## 'BEERVANA': THAT'S ONE LABEL WORN BY THE CITY OF PORTLAND,

in the northwest state of Oregon, USA. So enter a whole lotta confusion when I'm told that this place, which is home to 60 breweries (more than any other city in the world, in fact), is also a renowned haven for cardio-boosting, muscle-burning running...

But, fellow pavement pounders, it's no lie. Hitting the city's waterfront on the west side of the Willamette River, it's pretty clear there is a serious jogging culture here. If you can tear yourself away from all the food carts, craft beer and on-tap kombucha luring your taste buds on the cool streets of Portland, this is the place to be.

It's kinda hard to *not* be in the way of someone swooshing along the path... and it has a little something to do with the most famous swoosh of all: Nike. Oregon is not only where the original sports shoe giant was born, and Portland the home of its very first headquarters, but back in 1962 Nike co-founder Bill Bowerman was also responsible for introducing an unknown training regimen by the name of "jogging" to Oregonians. So today, it's something of a heartland for the brand.

It's not, however, the only drawcard for runners. According to Ryan Kunzer, general manager of RiverPlace Hotel and a regular on Portland's running trails, the fresh, clean air and mild climate all year round is the added spur that gets people picking up pace on these pavers.

Ryan's about to take me for a spin on said pavers – a 5km loop around the river as part of his 'Run With Ryan' activity, whereby guests of RiverPlace can join the friendly GM for a jogging tour.

Oddly, I'm feeling a little nervous and intimidated as we set off from the hotel and onto Waterfront Park. This is *the* city of runners, you guys. I've never seen so many game faces. What if I hold up traffic?!

What if I'm too focused on my stride to take in the sights? Eek! It's just a casual jog, Ryan said, so breathe, Samera, breathe...

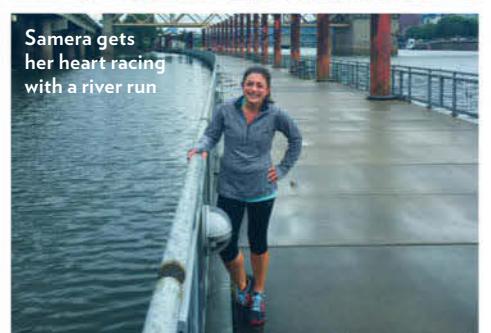
Taking in the sights equals eyeing off spans of bridges (Portland is also dubbed 'Bridgetown, USA'), each adding their own piece of architectural intrigue to the cityscape, plus – and more importantly to this story – paths catering exclusively to walkers, joggers, runners and cyclists.

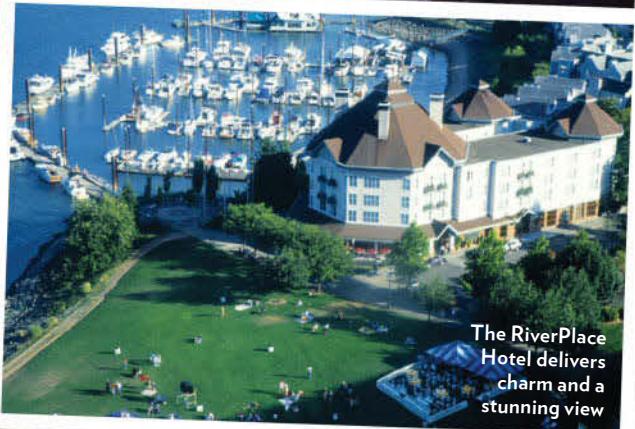
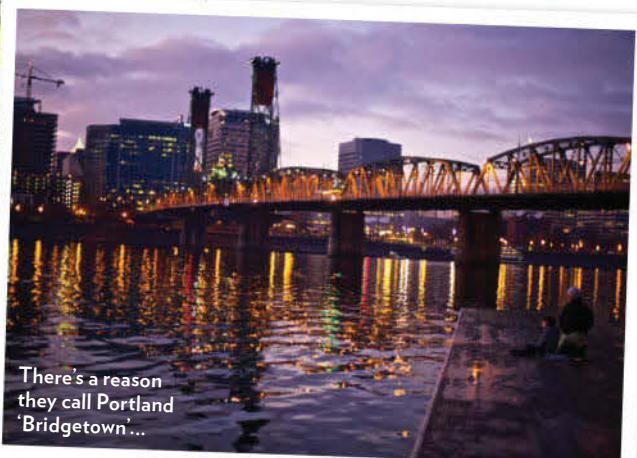
We cross Steel Bridge first (pedestrian access gets a thumbs-up) before I'm able to fully appreciate the aforementioned claim – connecting Steel Bridge and Hawthorne Bridge (the final bridge we'll cross in this loop) is a 366-metre floating walkway alongside the Eastbank Esplanade. Just inches above the river, this walkway offers up an awesome glimpse of downtown Portland and uninterrupted running.

Hailing from a city where – unless you're lapping a green park space or on an ocean walk – runs are largely dictated by cars, traffic lights and road crossings, this smooth circuit makes a runner feel pretty darn special. I'm mentally high-fiving the Portland city planners, 'cause some serious thought has gone into how to cultivate a community of running.

And there really is a spirited community feel along these bridges and walkways, intimidation-free (note to Past Samera), even though you're just as likely to see world-class athletes sweating it out here as you are everyday morning joggers.

As we finish tracing the banks of the river, the vibe lingers with views transitioning to the many running groups stretching it out riverside. I don't know about them, but I've worked up quite a thirst. Did someone mention craft beers? **M**





### NOT A RUNNER?

Get on your bike! Portland is one of the bike-friendliest cities in the US with over 500km of cycle lanes. A digital counter on the west end of Hawthorne Bridge tallies the daily crossings – add to the score by hiring a bike or taking a guided tour with Pedal Bike Tours ([pedalbiketours.com](http://pedalbiketours.com)).

## ADD TO ITINERARY

### Run for free

Yep, for nix! Sign up for one of the free group runs organised by Portland Running Company ([portlandrunningcompany.com](http://portlandrunningcompany.com)) or Foot Traffic ([foottraffic.us](http://foottraffic.us)) – they suit any pace and skill level.

### Stretch it out

The unique classes at CorePower Yoga ([corepoweryoga.com](http://corepoweryoga.com)) are set to energising music and combine dynamic moves with breathing techniques to get you feeling flexy after all that jogging.

### Fuel up

Brunch at Isabel ([isabelscantina.com](http://isabelscantina.com)) for menu options like the “zen breakfast” and “power burritos”. This healthy hotspot serves up nosh with Latin and Asian influences – and most of the ingredients are grown locally.

### Rest your head

An urban retreat sitting pretty on the Willamette River, RiverPlace Hotel ([riverplacehotel.com](http://riverplacehotel.com)) is easy walking distance to downtown Portland. Bonus: Every room comes stocked with a yoga mat!

### Into the Wild

Book-turned-movie *Wild* by Cheryl Strayed is a memoir of hiking the Pacific Crest Trail – which passes through Oregon. Drive out to Mount Hood Territory ([mthoodterritory.com](http://mthoodterritory.com)) for a day-hike sampler.

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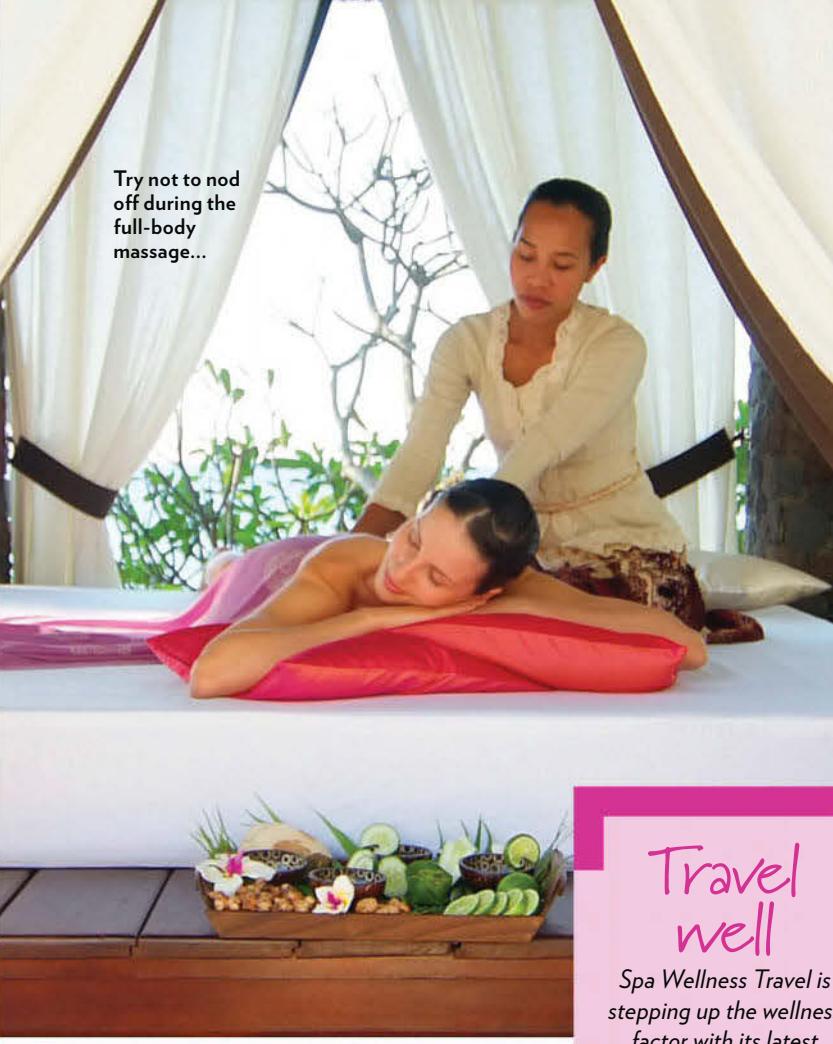
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Try not to nod off during the full-body massage...



## Get the goods

If you're one of the 57 per cent of women who leave room in their case for holiday splurges\*, you'll want to upgrade your luggage with the Spectra 2.0 travel gear from Victorinox. The tough, break-resistant shell is super lightweight (read: more room for your holiday buys) and it comes in a cool limited-edition colour. From \$499, [victorinox.com](http://victorinox.com)



## FEED YOUR SKIN

How's this for convenience: Weleda has released its super-nourishing Skin Food in a travel-sized tube. Nix the effects of air-conditioned flights with this hydrating cream, full of calming extracts (chamomile, calendula and wild pansy) and enriching oils – but not an artificial preservative or paraben in sight! \$14.95, [weleda.com.au](http://weleda.com.au)

# On the move

Get out there and explore the world!



#wf loves

## SWAP IT

Think home swapping is just for Cameron and Kate? Have your own *The Holiday* moment – for reals! – via Love Home Swap. You'll find thousands of luxe properties (minus the crazy price tags) available in more than 160 countries. List your own – and free accomm in an exotic getaway, here you come! [lovehomeswap.com](http://lovehomeswap.com)

## GC indulgence

Check in to the chic QT Gold Coast hotel and spoil yourself (and a plus one) with a 45-minute facial or massage, brekkie and two night's accommodation as part of the SpaQ For Two package. From \$299 per night, [qtgoldcoast.com.au](http://qtgoldcoast.com.au)



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# Relax fit



## Winding Down

It was a tight squeeze to get Kerry and Jill in the same pic

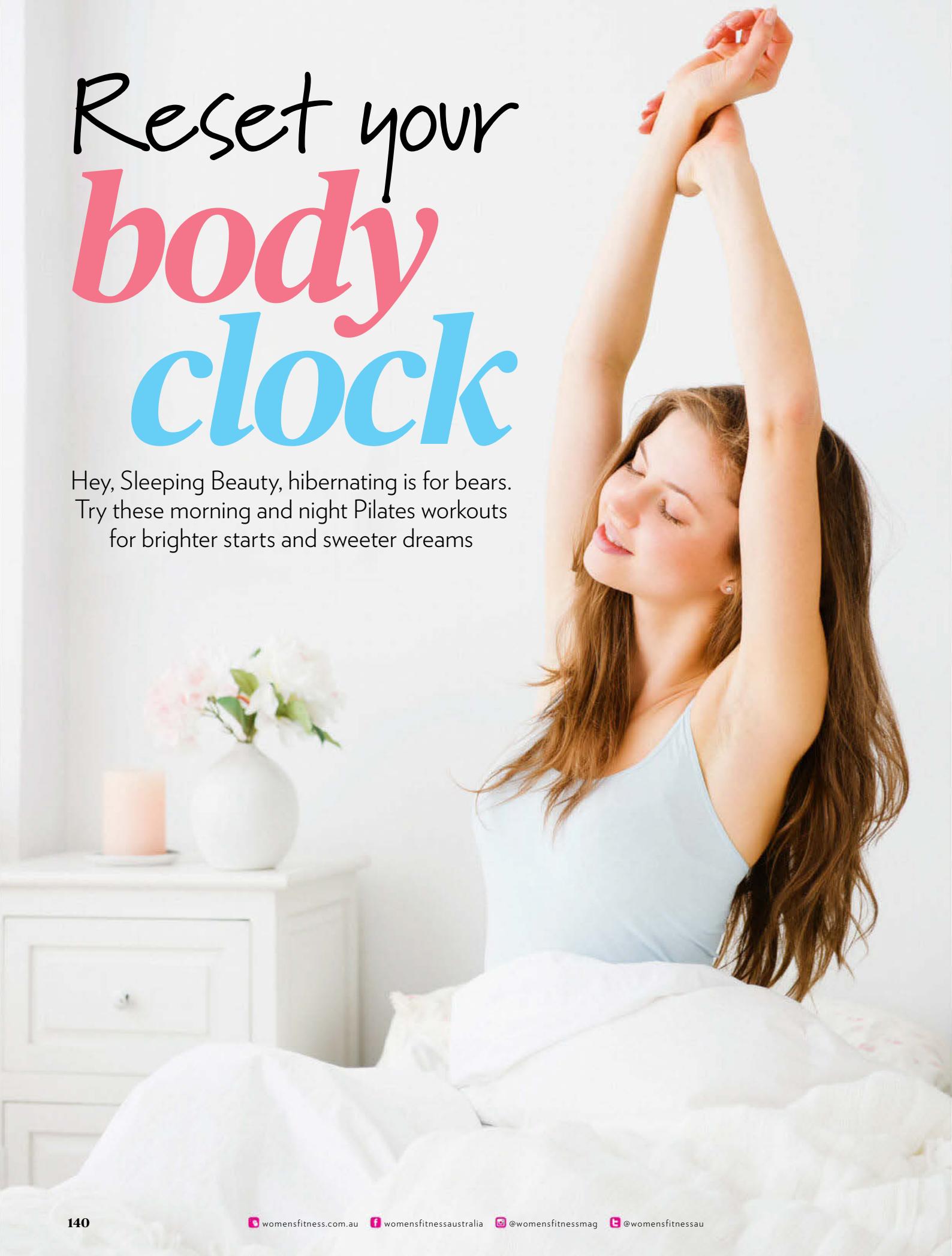


### That lovin' feeling

There's nothing better than laughing off a bad day with your bestie or cuddling up to a loved one – but, just like your husband Ryan Gosling, they're not always close by. If you're in need of TLC, though, a picture of someone else getting their hug on might be the next best thing. According to a UK study, glancing at a happy pic of people being affectionate can soothe your mind in stressful situations. Researchers found that even if people didn't pay close attention to the cosy snaps, the part of their brain that registers fear didn't respond when they were later shown negative images – which proves that just a small reminder of being loved is enough to kick bad feels to the curb. Like you needed any additional fuel for your Instagram addiction... **ME**

# Reset your *body* *clock*

Hey, Sleeping Beauty, hibernating is for bears.  
Try these morning and night Pilates workouts  
for brighter starts and sweeter dreams





**THE DAYS ARE SHORT, THE NIGHTS ARE LONG** and you're deep in hibernation mode. Why? Blame it on the season: less sunlight means your brain produces more of the hormone melatonin, which makes you feel tired and ultimately disrupts your usual sleep/wake cycle. Before you know it, you're yawning at 7pm and hitting snooze for a solid hour every morning.

The perfect antidote to winter's sleepy effect is some heart-pumping exercise. A study published in the *Psychotherapy and Psychosomatics* journal shows that those who regularly work up a sweat feel less fatigued and more energised during the cold months. And one of the best ways to fix your drowsiness is with Pilates sessions specifically designed to sync with your natural body clock.

"Pilates is great for mental clarity, as it requires a lot of focus that leaves little room for stresses and strains," explains Pilates instructor Ellie Priest. "After a tough day, a Pilates workout is exactly what you need to switch off from work and unwind before bed."

In the morning, it'll perk you up better than a double espresso as it sends oxygenated blood around your body and provides you with a natural energy hit. Oh, and did we mention that it will help you carve a rock-solid core? It's win-win.

"A committed Pilates practice will not only transform your body shape and tone, but also eliminate pain, rid the body of toxins and help to improve your overall health," says WF Pilates expert Steph Prem ([premium-performance.com](http://premium-performance.com)).

These Pilates plans are designed to program your internal body clock to adapt to the shorter daylight hours. Do an AM and PM workout each day to wake up and wind down – they only take 10 minutes, so it's easy to make them part of your daily routine.



## Morning energiser

Get your blood flowing with heart-pumping hundreds and spinal-opening exercises, so you're alert for the whole day.

### ROLL DOWNS

Standing in a neutral alignment, inhale into the backs and sides of your ribs. Exhale and take your chin towards your chest and gradually roll down, one vertebra at a time. Allow your pelvis to tip, softening your knees if you need to. Inhale and maintain this position. Exhale and unroll slowly to standing. Repeat this move six times.



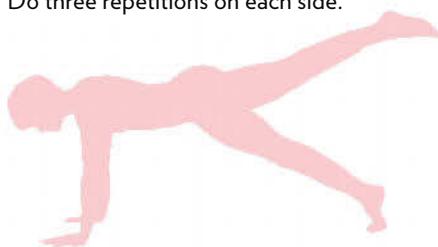
### TABLE TOPS

Start on your hands and knees. Inhale fully, then exhale as you engage your lower abdominals. Maintaining a still pelvis and spine, slide your right leg away. Inhale, then lift your right leg to hip height and your left arm to shoulder height. Exhale, then lower your arm and leg. Inhale and slide your leg back to the start position. Repeat five times on each side.



### LEG PULLS

Start in plank position. Inhale and float your right leg off the floor. Exhale to flex and point your left ankle, rocking your weight back and then rock your weight forwards, returning your shoulders to above your wrists. Inhale, return your right leg to the floor and lift your left leg. Do three repetitions on each side.



### ROLL BACKS

Sit with your knees bent, feet on the floor and hands behind your knees. Inhale and scoop in your abdominals to lengthen your spine into a 'C-curve'. Exhale, then roll your spine and pelvis back until your arms are extended. Float your arms up in line with your shoulders. Inhale as you draw your right arm behind you and twist. Exhale and return to the start. Repeat five times on each side.



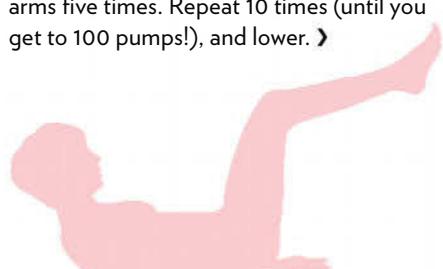
### COBRAS

Lie on your stomach, with your thumbs in line with your nose and feet slightly wider than hip-distance apart. Inhale. Exhale as you engage your lower abdominals, lengthen the crown of your head away from your body and lift your spine one bone at a time. Allow your elbows to straighten, but don't collapse your lower back. Inhale and pause. Exhale and return to the ground. Repeat six times.



### HUNDREDS

Start by lying on your back with your legs raised, knees above hips and ankles together. Inhale. Exhale and engage your lower abdominals as you curl your head and shoulders upwards and simultaneously extend your legs forward. Inhale and pump your arms five times. Exhale and pump your arms five times. Repeat 10 times (until you get to 100 pumps!), and lower. ▶



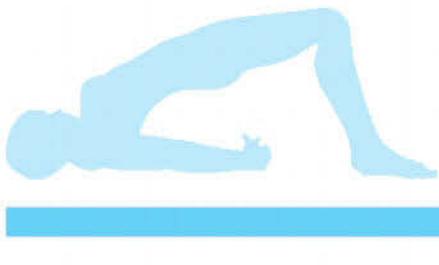


## Night-time unwinder

Try this relaxing evening session to rest your mind and stretch your body. It combines the correct breathing techniques with gentle exercises that will send you to sleep without a thought in your head.

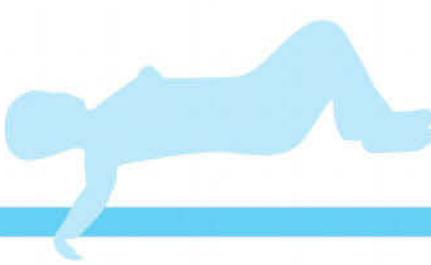
### SPINE CURLS

Lie on your back with your knees bent and feet on the floor. Extend your arms by your sides, palms down. Inhale. Exhale, engage your lower abdominals and roll your hips up. Inhale and hold, keeping your hips square. Exhale and roll down, one bone at a time, back to the start. Repeat six times.



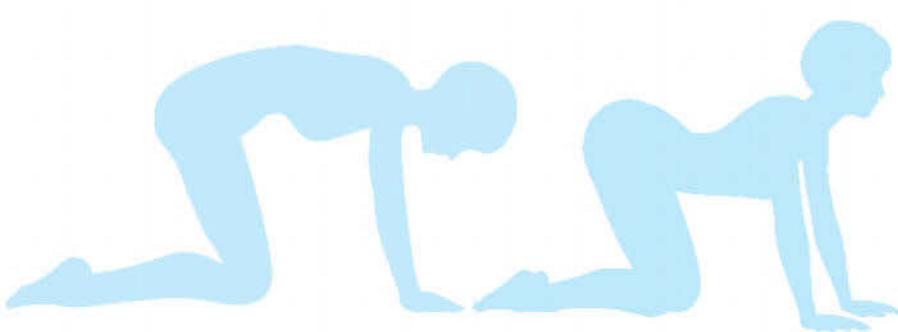
### HIP ROLLS

Lie on your back with your knees bent, legs together, feet flat on the floor and arms by your sides. Inhale. Exhale, engage your lower abdominals and twist your pelvis to the left. Inhale and pause, then exhale and return your legs back to the start position. Repeat five times on each side.



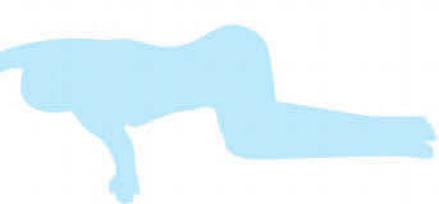
### CAT AND COW

Start on all fours. Inhale, then exhale, as you tuck your tailbone and chin towards your navel and lift your spine towards the sky, scooping up your abdominals. Hold, then on an inhale, lengthen your head and tailbone away from each other, tilting your head and tailbone upwards and hollowing your spine in a concave arc. Return to the start and repeat six times.



### CHALK CIRCLES

Lie on your side with a folded blanket or cushion under your head for support. Ensure both knees are bent and both arms stretched out in front of you, in line with your shoulders. Inhale and circle your top arm in an arc above your head to 12 o'clock. Exhale as you continue circling your arm all the way around, allowing your head and neck to rotate as you follow your fingertips with your eyes. Repeat five times on each side.



### LEGS UP THE WALL

Lie on your back with your bottom pressed up against the base of a wall and your legs up the surface of the wall. Keeping your legs raised, lie back, relax and breathe. Hold for a length of time that's comfortable, up to 20 minutes. ■



**“Pilates can help improve sleep, lower stress levels, and increase energy and flexibility,” says Prem**

Jennifer had to decide: shower or one more snooze?

## Rise and shine

Wake up with a smile (not a groan!) thanks to these body-loving bedtime rituals



### Settle down

To ensure you're getting valuable shut-eye, wind down before bed. "Swap activities that stimulate your mind such as work, email or watching TV for reading, bathing, listening to music or practising gentle yoga," says Dr Paula Watkins, psychologist at The Happiness Institute (the happinessinstitute.com).



### Clear your mind

Going to bed with a head full of worry will spoil your morning before it even arrives. "Write a list of all the things that are stressing you out before you jump into bed," says Dr Watkins. This will help your mind let everything go, meaning you'll feel more relaxed when your alarm buzzes tomorrow.



### Switch your tone

Speaking of that alarm, is the tone it uses the kind of sound you'd like to wake up to? A harsh alarm triggers a jolt of adrenaline, driving your heart rate up and leaving you feeling stressed out. Opt for a more relaxing tone or use the Sleep Genius app (\$6.49, iTunes) to wake you with gentle, soothing sounds.



### Prep your brekkie

Avoid rushing around by sorting out your morning meal the night before. Not only will it give you extra zzzs, it'll also help you keep your healthy eating on track. Try making overnight oats or hard-boiled eggs or place your smoothie ingredients in a freezer bag, ready to blend.



### Smell the roses

Before you hit the hay, pop a fresh bunch of flowers next to your bed or wherever you look first when you wake up. Researchers in the US have found that people feel happier and more energetic if they're greeted with colourful blooms first thing in the morning. Time to hit up the flower market!



Get the deets for  
this gym-ready get-up  
(plus, more bargain  
buys) on page 112

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**LACURA** [aldi.com.au](http://aldi.com.au)  
**Lovisa** [lovisa.com.au](http://lovisa.com.au)  
  
**Lush** [lush.com.au](http://lush.com.au)  
**Max Factor** [priceline.com.au](http://priceline.com.au)  
**Maybelline New York** [priceline.com.au](http://priceline.com.au)  
**Milani** [milanicosmetics.com.au](http://milanicosmetics.com.au)  
**Mimco** [mimco.com.au](http://mimco.com.au)  
**Missguided** [missguidedau.com](http://missguidedau.com)  
**ModelCo** [modelcocosmetics.com](http://modelcocosmetics.com)  
**Neutrogena** [priceline.com.au](http://priceline.com.au)  
**Nike** [nike.com/au](http://nike.com/au)  
**Nivea** [priceline.com.au](http://priceline.com.au)  
**Paula's Choice** [paulaschoice.com.au](http://paulaschoice.com.au)  
**Petite Grand** [petitegrand.com](http://petitegrand.com)  
**Pure Tan** [priceline.com.au](http://priceline.com.au)  
**Rimmel London** [priceline.com.au](http://priceline.com.au)  
**Running Bare** [runningbare.com.au](http://runningbare.com.au)  
**Sanctuary Spa** [priceline.com.au](http://priceline.com.au)  
**Schwarzkopf** [priceline.com.au](http://priceline.com.au)  
**Simple** [priceline.com.au](http://priceline.com.au)  
**Skin and Threads** [skinandthreads.com](http://skinandthreads.com)  
**Staple the Label** [staplethelabel.com](http://staplethelabel.com)  
**Sukin** [sukinorganics.com](http://sukinorganics.com)  
**Sunsense** [priceline.com.au](http://priceline.com.au)  
**Superdry** [superdry.com.au](http://superdry.com.au)  
**Supré** [supre.com.au](http://supre.com.au)  
**SurfStitch** [surfstitch.com](http://surfstitch.com)  
**Target** [target.com.au](http://target.com.au)  
**The Iconic** [theiconic.com.au](http://theiconic.com.au)  
**The Jojoba Company** [thejojobacompany.com.au](http://thejojobacompany.com.au)  
**Toni & Guy** [priceline.com.au](http://priceline.com.au)  
**Topshop** [topshop.com](http://topshop.com)  
**Tresemme** [priceline.com.au](http://priceline.com.au)  
**Ultraceuticals** [ultraceuticals.com](http://ultraceuticals.com)  
**Under Armour** [underarmour.com](http://underarmour.com)  
**Uniqlo** [uniqlo.com/au](http://uniqlo.com/au)  
**Uriage** [priceline.com.au](http://priceline.com.au)  
**Vanishing Elephant** [vanishingelephant.com](http://vanishingelephant.com)  
**VO5** [priceline.com.au](http://priceline.com.au)  
**Witchery** [witchery.com.au](http://witchery.com.au)  
**Zara** [zara.com](http://zara.com)

A dynamic photograph of a woman jogging on a paved path. She is wearing a teal tank top, blue and white tie-dye leggings, and matching running shoes. Her hair is pulled back with a yellow headband, and she has a determined expression. The background shows a blurred landscape under a blue sky with clouds.

# Spring into shape!

PHOTOGRAPHY GETTY IMAGES

DON'T MISS OUR NEXT ISSUE  
**ON SALE 17 AUGUST**

PREP YOUR BOD FOR THE NEW SEASON  
WITH THE BEST MOVES FOR KILLER LEGS AND  
TRICKS TO BEING A MORNING EXERCISER.  
PLUS, A BONUS BRIDAL BOOT CAMP SPESH!

**PLUS** \* Get good hair overnight  
\* Ditch second-hand stress \* How to have a healthy weekend

# Call NOW!

WF columnist Meg Mason taps into her inner saleswoman

I'VE BEEN HAVING THE MOST AMAZING TIME in the bedroom lately. Really mixing it up, trying new things, getting experimental... What, wait? What did you think I was talking about? Working out at home, right? Phew, just checking.

I never knew how amazing exercising at home could be, until (regular readers might remember) my live-streaming Tracy Anderson experiment this winter. Before TA took over a corner of my bedroom, I always believed that in-home fitness was a weird, ineffective substitute for the real thing, involving a dusty Jane Fonda VHS or crappy Thighmaster from daytime TV.

As is so often the case, I was wrong. And now I'm utterly sold on it, and in case you're yet to experience the convenience, comfort, flexibility and effectiveness of the at-home workout, let me sell it to you, daytime infomercial style.

to be turned into free free-weights?

Why yes, Stefan, that's right. YouTube is positively bursting with fitness content. Quick, effective workouts that you can keep combining in fresh and different ways – and, unlike actual gym classes, you can make annoying instructors simply disappear with one easy click.

And, because we can't all look impossibly glamorous \*gestures at own self\* all the time, working out at home is perfect for those who don't want to, or have no time to apply a full face of make-up before or after a sweaty gym sesh.

In fact, you can complete an incredibly effective toning routine with a sports bra whacked on over your pyjama onesie, without having to go near our 17-in-one facial contouring bronzer (coming up in the next hour), or indeed, the Epilady hair removal system, which comes with

**"That is the first thing about at-home fitness. It's absolutely free. No contracts, no joining fees for your own carpet"**

One moment while I apply some intensely dewy lip balm and ferocious orange tan, and perch myself on the edge of this white leather sofa with my co-host, Stefan, and talk you through so many benefits of the BedroomWorkout2000™ that you'll be rushing to make three easy payments of zero dollars.

Because, Stefan, that is the first thing about at-home fitness. It is free. Yes, that's right, it's absolutely free. No contracts, no joining fees for your own carpet. All you need is a laptop and wifi (which most girls about town already own for essential online shopping and Facebook purposes).

Although you could splash out on a fitness DVD and matching accessories (handweights, kettlebell, leather-look clutch bag in statement teal), why would you when there is YouTube and two cans of tomatoes in your pantry, just waiting

a bonus gelato-maker attachment.

Don't forget as well, the delight of showering in the spa-like tranquillity of your own bathroom afterwards, where you'll never be stuck changing beside a naked stranger slathering themselves with our exclusive *The Real Housewives of Melbourne* body sparkle moisturiser/all-purpose stain remover.

So, whether you're a time-poor working girl who cannot face a middle-of-the-day shower, or a stay-at-home mum whose kids give you exactly 13 minutes of quiet time per day, or simply an embarrassingly uncoordinated gymphobe who's overdue for a wax, try the at-home workout now.

And since it's free, we offer a full money-back guarantee, plus for the first zero callers, this elegant gold-plated tennis bracelet, the perfect accent for any sweaty pyjama onesie. **M**



Meg Mason is a Sydney-based journalist, mother and author, who shed her couchfit (couch + outfit) to get healthy. Catch her on Twitter: @meg\_mason





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